

# ROADS TO REJUVENATION

By  
Dr. ELSIE M. PORT

A 184381

615.53028  
Por

615.53028  
Por

Port, Elsie M.

A184381



DATE DUE

4 MAY 1984

3 JUN 1984

-2 DEC. 1991

28. NOV. 1991

19. DEC. 1991

16. JAN. 1992

C011 0068486 2

33217004167210

ROADS  
TO REJUVENATION





ELSIE M. PORT, Ph.D., D.C., N.D., M.C., D.D.  
(Taken at the age of 73 years — 20th April, 1946.)

# ROADS TO REJUVENATION

SEVEN DECADES OF A DOCTOR'S EXPERIENCE

BY

ELSIE M. PORT, Ph.D., D.C., N.D., M.C., D.D.

CHIROPRACTOR  
NATUROPATH.  
NUTRITIONIST  
PHYSIOTHERAPIST  
BIOCHEMIST  
PHYSICO ANALYST  
VITAMINOLOGIST AND  
METAPHYSICIAN



PUBLISHED BY  
ELSIE M. PORT  
ADELAIDE, SOUTH AUSTRALIA  
1946



A 184831

*Books by the same Author:*

VITAL DYNAMIC HEALTH

SCIENTIFIC FOOD REFORM

REBUILD YOUR BODY AND GROW YOUNG

VITAL FACT FOR HEALTH AND NATIONAL LIVING

Copyright 1946 by the author, Elsie M. Port, within the  
Commonwealth of Australia.

Wholly set up and printed in Australia at  
THE MAIL NEWSPAPERS LTD.  
135-139 Currie Street, Adelaide, South Australia

Registered at General Post Office, Adelaide, for transmission by post  
as a book.

To

my Mother and Father, who with loving care and Christian courage brought me from girlhood to womanhood, I lovingly dedicate this book. Their wisdom and wise counsel inspired me to go forward and help build up both my own body and mind, and thus be able to help my fellow man.

ELSIE M. PORT, Ph.D.

AUTHOR.



# P R E F A C E

---

MELBOURNE,

3RD MAY, 1946.

It is no exaggeration to say that a vast amount of the ill health of today is due to quite preventable causes and that amongst those causes, ignorance of Nature's laws of living and healing, stands foremost. This book is a worthy attempt by Dr. Port to remove that ignorance.

The author has here attempted to correlate the principles that govern the natural methods of healing with those principles and laws that govern life, *i.e.*, motion, growth, and development. Dr. Elsie Port is to be envied for her long and successful career in the practice of natural methods of healing, and for her knowledge of the various therapies set forth in this volume. She is also to be commended for making such an excellent contribution to the present day literature of medical works wherein both medical practitioners as well as the lay readers, may find very much to assist them in obtaining health and freedom through self-knowledge.

Whilst certain of the author's views may not obtain general approval or assent, the broad fact remains that she has placed before the public an illuminating and interesting treatise, that merits the attention and careful study of everyone interested in health problems.

The wide experience of this teacher, healer, and lecturer has enabled the fulfilment of her aim to bring to you a unified survey of present-day knowledge of health and healing, and in my opinion she has supplied a need which is real.

CYRIL H. FLOWER, F.I.O., F.A.P.A.,  
Iridologist, Naturopath.  
and Dietitian.

## EDITORIAL NOTE

Few of my literary undertakings have ever given me keener pleasure than the task of editing and preparing this book of Dr. Port's for the Press.

In the first place, I have known ELSIE MABEL PORT for over twenty years. I have watched her metamorphosis from a diffident, grey-haired, definitely "middle-aged" woman of fifty, groping her way through a difficult new life in a strange country, into the assured, well-informed, energetic Lecturer and Teacher of seventy, at home in almost every country of the civilised world.

In every stage of her development I have been an admiring witness, especially in Los Angeles and San Francisco, where many of her most useful experiences were gained. I have seen her courageous battle for a living in the face of professional prejudice, and her staunch determination to absorb every iota of knowledge that would help her in her chosen career—that of teaching Health on Naturopathic lines.

When she finally decided to take up Chiropractic study, I was a close observer of those strenuous three or four years of unrelenting hard work and unrelieved hard living: the days given to lectures and practice, the nights devoted to study: all the niceties of a pleasant existence shorn to the bone for the sake of her ultimate goal. That was how she attained the knowledge that entitled her to her degree.

Then I have seen much of her actual practice with her patients, many of whom, given up by medical doctors, dragged their diseased bodies into her rooms as a last hope. And she gave them hope, and renewed joy in life, by her optimism, her sound knowledge, her confident treatment in the simple, commonsense methods of Nature.

America has been for many years a magnet for many of us Australians. On many of us it leaves a lifelong



impress. Unless we are of the dyed-in-the-wool type who cannot see anything good outside Australia, or else shallow globe-trotters to whom a voyage is merely a list of hotels and steamer-menus, we must perforce be powerfully moulded by the relentless pressure of the machine-like organisation of American life. It cannot leave us as it found us, for good or ill.

In the case of Dr. Port, who has bathed in this dynamic current for at least twenty years, the process of moulding is obvious—and it is all to the good. It has definitely “made” her. And not content with being “made,” she has the missionary urge to “make” others, whenever and wherever she meets them.

Hence these inspiring chapters, written out of her own experience, for the benefit of human souls and bodies in need of REJUVENATION.

(Sgd.) LILIAN BARRETT,  
Journalist.

SYDNEY,

10th March, 1946.

# YOUTH

YOUTH is not a time of life—it is a state of mind. It is not a matter of ripe cheeks, red lips, and supple knees; it is a temper of the will, a quality of the imagination; a vigor of the emotions; it is a freshness of the deep springs of life.

YOUTH means temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease.

This often exists in a man of fifty more than in a boy of twenty.

Nobody grows old by merely living a number of years; people grow old by deserting their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.

Worry, doubt, self-distrust, fear and despair, these are the long, long years that bow the head and turn the growing spirit back to dust.

Whether seventy or seventeen, there is in every human heart the love of wonder, the sweet amazement of the stars and the star-like things and thoughts, the undaunted challenge of events; the unfailing, child-like appetite for "what next?" and the joy and the game of life.

You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.

In the central place of your heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, grandeur, courage and power from the earth, from men and from the Infinite, so long are you young.

When the wires are all down, and the central place of your heart is covered with the snows of pessimism and the ice of cynicism, then you are grown old indeed—and may God have mercy on your soul!

S. ULSAM.



## FOREWORD

ELSIE MABEL PORT, Ph.D., D.C., M.C., has written a book that is intensely interesting, packed with valuable information, backed with the rich experience of one who has lived to the age of seventy-three years. Her own robust health and energy, combined with her faith and courage, is convincing proof of the value of the way of life she teaches.

For many years Elsie Mabel Port has been my friend, and I have worked with her in various States of the Commonwealth of Australia whilst holding office as President of Melbourne Radiant Health Club, General President of the Radiant Health Clubs of Australia, and Leader of the Sutcliffe School of Radiant Living, Melbourne. During those years I have heard her in public Lectures and as a teacher in classes; and have knowledge of many treatments given to her patients, some of them very sick persons, who have been restored to the blessings of health without operations or drugs.

Having perused her manuscript I commend this book to all seekers after all that makes for health—Spiritual, Mental and Physical—because I know from experience that there is a most vital link between these three aspects of Health; and I also know that if the reader is prepared to follow what is contained herein, he or she will attain to the most precious possession in the world.

(Sgd.) CHAS. A. R. DAWES.

28th March, 1946.



## AUTHOR'S PERSONAL FOREWORD

Shortly before sending this book to the printer, I thought it would be a good idea to have an examination by a Medical Doctor. Not that I needed any attention, but for the sake of carping critics who will never believe in any health standard or teaching except that sponsored by the B.M.A., I felt this would be an orthodox medical verdict on my physical condition.

So I went to a leading Specialist in Sydney. He took my blood pressure, and also tested my heart. He said that my blood pressure was "absolutely normal and could not be better," and that my heart was in wonderful condition. In fact, he said that it was marvellous to think what I had accomplished in the last fifteen years, and that he had never tested a heart, even of people years younger than I, which was nearly as good as mine. And this was all due to the way I had lived, the methods of which I am teaching and advocating in this book.

So here is conviction for the unbelievers! And here is my Personal Foreword to all who read this book: Whatever you have gone through, whatever sickness or trouble of mind or body you have suffered, if you will only GIVE NATURE A CHANCE, and follow the laws laid down in this book, and make up your mind that so long as you have breath in your body, you will obey these laws, so long will the Divine Life Force permeate and penetrate every nerve and cell and tissue of your body. The sick cells and tissues will be thrown off, and in their place will be built a new and vital body of Life, Health and Perfection.

This transformation may not come in a day; it may take months or even years; but it WILL EVENTUALLY BE BROUGHT INTO MANIFESTATION, if you do your part faithfully. Remember, that sickness and old age and all other ills we believe our flesh is heir to, have been

coming on for years and years, simply because we disobeyed the laws of health. Therefore the dispersion of these evils must take time.

It may have been ignorance, or lack of understanding that caused these diseased states, not wilful negligence; but that makes no difference to Nature. She is no respecter of persons, and when we break her laws we must pay for it.

But, on the other hand, when we repent and turn from our sins and ignorances, and do our part with enlightened mind, the beautiful certainty is that Nature, or God, or Law—whatever name you choose—will most assuredly do their part.



# INDEX

---

CHAPTER I.—PERSONAL: A Thirteenth Child—From Seven to Seventy-three.

CHAPTER II.—THE POWER OF BREATH: Purifying the Blood — Four Instruments of Life — Rhythmic Breathing—A Long Life—Health is Wealth—Magic of Oxygen—Methods of Breathing—"As a Man Thinketh"—Dynamic Truths—Add Years to Life—Special Breathing Exercises.

CHAPTER III.—FOOD VALUES—PART I.: Delusions About Meat—Heavy Foods Cause Acidosis—Popular Errors—When NOT to Eat—An Ideal Diet for Mental Strain—Value of Fasting—Inner Cleansing—Organs of Elimination—Food Essentials—What Health Really Is.

CHAPTER IV.—FOOD VALUES—PART II.: Proofs from Personal Experience—Laws of Dietetics—Food Combinations—Starchy Foods—Sugar Foods—Fatty Foods—Vegetables, Cooked and Uncooked—Salt and Condiments—Summary of Diet Rules—Specimen Menus.

CHAPTER V.—LIFE-GIVING PROPERTIES OF WATER AND SUNLIGHT: (A) WATER: The Friction Bath—Cold Sitz Bath—Wet Compresses—Epsom Salts Bath—Champion Combination Bath.  
(B) SUNLIGHT: How to Take Sun Baths—Ultra-Violet Rays—Infra-Red Rays—Development of Heliotherapy.

CHAPTER VI.—REJUVENATION THROUGH COLOUR: The Healing Power of Colour—Colour in Clothing—Colour in Daily Life—Special Colour Cures—Methods of Treatment—Colour in Homes and Hospitals—Colour in Water—Effects on Specific Diseases.

CHAPTER VII.—ENDOCRINOLOGY—THE SCIENCE OF THE GLANDS: Einstein on Hormones—Functions of the Glands—Thyroid Gland—Para-Thyroid Glands—Pituitary Gland—Pineal Gland—Adrenal Glands—Thymus—The Spleen—The Pancreas—The Gonads.

CHAPTER VIII.—NERVE-BUILDING AND RELAXATION: How to Avert a Nervous Breakdown—Not Taught in Schools—Laws Governing the Nervous System—Understanding Brings Hope—Nerve Action and Reaction—Nature's Warnings—Four Great Foes of the Nerves—Two Serious Blunders—The Law of Relaxation.

CHAPTER IX.—SCIENTIFIC SLEEP: A Professor's Experiments—Preparation for Sleep—Good Sleeping Habits—"The Significance of Sleep."

CHAPTER X.—BRAIN POWER: Incentive—Inspiration—Imagination—Birth of Ideas—An Organised Mechanism—Wake Up and Live!—Age No Bar—Famous men in Their Later Years—Obstacles to Brain Growth—Life-Preservers—Reverse Your Destructive Orders.

CHAPTER XI.—REJUVENATION AND THE POWER OF MIND: The Mind Attracts All Good—Make a Blue-Print—Man's Mind a Trinity—The Conscious Mind—The Sub-conscious Mind—The Super-conscious Mind—Final Triumph Over Old Age, Sickness and Death—Expression Governed by Thought—Laws of Thought—Results of Following Laws—Waste of Mind Power—Developing the Mind—What Desire Is—How to Discover Your Vocation—Creative Concentration—Causes of Mind Wandering—Mastery of Achievement—Food for the Brain—Method of Concentration—Perfecting the Personality—The Power to Heal—How to Absorb and Use Healing Power—Specific Treatments—Spiritual Healing.



# ROADS TO REJUVENATION

## CHAPTER I.

### PERSONAL

---

#### A Thirteenth Child—From Seven to Seventy-three

As many people, in many different parts of the world, have so often asked me for the story of my life and work, perhaps it will be well for me to begin this book by giving a little outline about myself.

I was my mother's thirteenth child, born in the later part of her life, she then being nearly fifty years of age. Being the thirteenth child, I was very delicate from the start; in fact, for months before I was born, my mother was in such delicate health that it was a question whether I would be born at all!

As early as I can remember, about the age of seven, I was looked upon as delicate, and had it firmly impressed upon me that, being the thirteenth child, nothing better could be expected. However, as I was born in the lap of luxury, in a spacious house with sixteen acres of garden to play in, I thrived unexpectedly. My mother had a wonderful understanding of natural methods of living, and saw that I had plenty of fruit and vegetables. So I gradually improved until I was about fourteen years of age. Then I became very anaemic; my blood seemed to turn to water, and for months I was given stout or porter three times a day in order to build up my blood.

About that time I became interested in reading all kinds of health books. When I was about eighteen someone lent me a book published in America, called "How to Get Perfect Health." This book stated that the quickest way to health was to fast—to take nothing but water for a certain time. So on several occasions I went on water only for three days at a time—much to the horror of my parents, who thought I would get sick and probably die!

But I felt so much better after each fast that I continued to live and work along these health lines, as far as I understood them.

When I was thirty-eight, my father died, leaving me with an elderly mother and an invalid sister to look after, on a very much diminished income. For ten years after that I worked hard, struggling to keep the home together, to make enough income to provide suitable care for my mother and sister. My mother fell ill as she grew older, and after a long period of strenuous nursing, she died, leaving me responsible for the invalid sister. Our income seemed to be steadily diminishing; and as none of the married members of my family would do anything to help, but left all the burden on my shoulders, it was not long before my own health broke down.

After consulting many doctors, I found that they had nothing to offer me, except the suggestion to cut me up and take out my vital organs! Fortunately, I had enough sense to refuse to have this done. This happened during the first world war, about 1916. About that time I met a very notable woman who was lecturing in Australia on "Health, and the Power of Mind." This was Dr. Julia Seton. She explained to me that there was no need for any operations, and suggested that I should come to America the following year and study in her Summer School, where I could learn all about Health and the part the Mind plays in bringing it into manifestation.

In 1917, therefore, after arranging for the care of my sister, and considerable struggle in pulling up stakes for



the great upheaval, I joined some friends who were also leaving to make their home in America, and we settled in San Francisco.

It was in truth a New World for me. I had opportunities of study, and new avenues of thought opened before me that I had never envisaged. I absorbed all the knowledge I could, studying with some of the finest teachers of modern psychology as applied to health, such as Ernest Holmes, Dr. Orlando Miller, and later, Dr. St. Louis Estes, whose beautiful young wife became a great friend of mine.

I can honestly say that from that day to this I have never looked back. The years, in spite of many obstacles and difficulties, have been one steady progress in mental and spiritual outlook, and from these I have attained the health which is the birthright of the human race, and which, at the age of 73, I am proud and thankful to enjoy. I remember reading somewhere about the famous Randolph Hearst, owner of the Hearst newspapers, that on his eightieth birthday (April 29th, 1943), replying to the congratulations of his guests, he said:

*"I shall not pretend that I am happy to be eighty. I would gladly exchange that marker for two lifetimes at forty, just as a woman reaching forty would gladly exchange that milestone for two at the twenty mark. Yet I am thankful and grateful that I find so much in life that is fresh, stimulating, and dear to me."*

His last sentence I can sincerely echo, for the last fifteen years especially, have been the best of my whole life.

I have had more energy, I have worked harder, I have enjoyed every minute of the time, and I have tried to give more help to other people, so that I have really known a joy in living that I never imagined was possible. I am healthier and can endure more, year after year; my mind and my memory are keener and more vital, and I seem to have gained a broader understanding of life and of my fellow-beings.

I am looking forward, too, to the next fifteen years with zeal and enthusiasm, and I know I shall not be disappointed. We get out of life what we put into it, and I intend to put into it the very best I know.

Reverting again to our early months in the United States: I duly attended Dr. Seton's Summer School in Colorado Springs for three months. Then I went to New York with my Australian friends. As our money began to dwindle we looked out for jobs, and I was offered a position as Matron and Nurse in the Hospital portion of a women's prison at Blackwell's Island. There were about five hundred women in the prison altogether, and about one hundred patients in the Hospital.

After four months of this strenuous experience, I decided that it was not the kind of work I wanted. So I took up nursing for one of the leading doctors in New York. After a time my friends decided to go back to California, and as they would not go without me, I again changed my plans. In a few weeks there we were, back in our beloved San Francisco.

There I called on two or three of the leading medical Specialists, the first being Dr. Langley Porter, the well-known Child Specialist. He sent me to children patients of his who needed their spines straightened, who had to be put on a proper diet, and taught to breathe correctly. During the five years I worked for him, hundreds of children passed through my hands.

Another doctor I worked for was Dr. Meininger, the Heart Specialist, who sent me to his patients suffering from heart disorders of all kinds. To these I gave chiefly the exercises of Dr. Schott, the great German specialist; also treated them with the Neuheil Baths with great success.

Dr. Hertstein, the noted Nerve and Female Specialist, also gave me a good deal of work among his patients. These needed a general toning-up of the system, and as they were very often overweight, I treated them with reducing methods.



For five very strenuous years I worked with these three medical specialists. Then I came to the conclusion that it was high time I had a degree of my own. So I took up Osteopathic and Chiropractic study. The course was for four years, and for that time I worked very hard, and lived very simply. It was a case of plain living and high thinking for most of us Chiropractic Students, who roomed together in a big, rambling, residential College in a busy street in Los Angeles. Bare rooms and gas rings were our portion, interspersed by day-time lectures, practising on our fellow-students, and burning the midnight oil. It was a complete change of atmosphere from the wealthy patients' homes and the polished medical circles I had moved in in San Francisco, but I persevered, as I felt I was "getting somewhere," and would soon be able to score off my own bat. All that time I clung to the old motto of my schooldays: "Patience and Perseverance will get you anywhere!"

So they did—they eventually got me my degree. After four years' study I graduated with the highest degree: Master of Chiropractic. I passed the State Board of Chiropractic in California, and practised for several years in Los Angeles, having at different times a great many of the movie stars as my patients.

Soon came another break: before I had received my own degree, in 1924, a patient of mine asked me to accompany her to Paris and the Continent. She offered me a good salary in American money, which at that time had a higher rate of exchange than any other country's. This lady was a multi-millionaire, so we travelled in the very best style, with de luxe reservations on all trains and steamers. In Paris we stayed at one of the leading hotels for a month; then we took a huge, elaborate, furnished apartment belonging to a French Count. We engaged a butler, a chef, and a chauffeur for the hired car, and lived in the height of luxury. I had a princely salary, and needless to say, enjoyed my stay thoroughly. I was nominally in charge of my patient, who was supposed to be on a reducing diet; but as she would sneak to the ice-box

whenever my back was turned, and cram down all sorts of forbidden luxuries, I had to forego the slimming process!

After several months in Paris, we toured the Continent and then visited England, till, after a surfeit of sight-seeing, I decided that I would like to go back to America and finish my training, and get my degrees. I did so; and after I had received the diplomas of M.C. and D.C., also Ph.D., and was registered as a Doctor, I practised for a while in Los Angeles. In 1927 I was invited by the "AMORC"—the Rosicrucian Society—to accompany eighty of their members on a tour to Jerusalem and Egypt. We then went all over the Continent, Paris included, and England. This tour lasted five months.

In 1931 I felt I would like to see Australia again, and decided to take a Lecturing Tour over my native land. I lectured during the next two years in all the big cities of Australia, New Zealand and Tasmania.

The Orient next lured me on a trip, and at Christmas, 1934, I started on a tour of China and Japan, which lasted for six months. I lectured in some of the Chinese cities, and had many interesting experiences. I returned to Western Australia, my early home, and took a short rest among my friends and family. Then I went from there to South Africa, still lecturing and holding classes in many of the larger cities.

Then again I went to England, and spent eighteen months, with a car and a secretary, lecturing on Health and Psychology in all the chief cities of England and Scotland. I was in London for the King's Coronation.

In 1937 I was invited by an American woman I had met to return to America with her as a delegate to a Peace Conference. There were seventeen of us in the party. We travelled on the Queen Mary, and were entertained by the Captain, and given a specially printed menu at every meal, because none of us ate meat.

When we arrived in New York, we were royally entertained by some very important folk, given the keys of the



city, and taken to see everything of note. From there we visited Washington, D.C., and again received a great welcome. The Women's Clubs and Peace Organisations vied with each other in showing us the city. The climax was a visit to the White House, where we were entertained at afternoon tea by Mrs. Roosevelt, and shown President Roosevelt's special room filled with curios and collections from all over the world. In Chicago we met with the same genial reception, being driven to all the places of interest.

Finally, we arrived, in our triumphal march, in Los Angeles, where the Peace Conference was to be held. Here we were given a sumptuous banquet, and afterwards entertained at some of the palatial homes of wealthy townspeople, staying with them for two weeks, till the Conference was over. At the meetings of the Conference I had the honour of being one of the principal speakers.

After this I was soon on the move again. I toured America and Canada again, on my own account, lecturing and holding classes wherever I went. Whatever knowledge of life, health and happiness I had acquired, I earnestly desired to spread for the benefit of humanity. So I went on growing all the time, expressing my gains, and always gaining more knowledge, giving out and taking in, and thus striking the balanced life which is so necessary for health and peace of mind.

I was at the World's Fair in San Francisco in 1939, and also at the World's Fair in New York in the same year. In 1941 I came back on another visit to Australia—and here I am still, weathering the second world war, in a busy round of Lectures, Classes and private patients.

When I look back over these Seven Decades of an eventful life, and recall the many heartaches I suffered in anticipation of trouble, I am reminded of a postcard I once bought. It pictured a queer old character, beaming with peaceful satisfaction, and bearing the caption: "I AM AN OLD MAN, AND MY GREATEST WORRIES HAVE NEVER HAPPENED!" This pithy

remark might well apply to myself. If people would only realise that they bring on sickness and old age by worrying about things that never happen, they would cast off their fears and live happily and long.

Sometimes, looking back, the years seem like a long, vari-coloured ribbon trailing after me. Some of the strands are dark; some gleam brightly; there are knots and tangles in the ribbon, and worn places. But in the end the broad strands unfurl in rich, smooth colour.

At other times it seems that I can look back on years of crashing through a jungle. Obstacles had to be hacked down, one after another, by main force and determination. No New Guinea soldier ever hacked his way through tangled foliage, muddy swamps, hidden ambushes, or alligator horrors, with more energy and fierce resolution than did the woman I see in retrospect battling with a life and a career handicapped from the start. Many times the path I carved out was dark; I could not see a step before me; then every bend of the road seemed to bristle with a fresh danger, worse than the last.

But always—always—there was light ahead. If I fell by the way, I picked myself up, and went on. There was always a worth-while goal ahead, and its glimmering light drew me irresistibly forward—to the goal.

And now, I have reached the goal, and I know it was well worth while.

And the most wonderful part of it all is—that now, instead of looking back, I can look forward. Through the knowledge that I have gained by that intensive struggle, I can rest assured of future growth. I can look forward to many more years of increased knowledge and increased usefulness.

And it is with the earnest desire to pass on that knowledge to others, to teach others also to learn to look forward by using the same methods, to years of bodily and mental well-being, that I have written this little book.



## CHAPTER II.

### THE POWER OF BREATH

Some one has said: "Breath is Life."

When we understand the Power of Breath as we should understand it, we will know how to draw in the Great Etheric Currents from the Universe. With the understanding of the Power of Breath, and the correct way to direct this life force to every cell and tissue of the body, we can stir the mind and stimulate the body to greater action through the circulation and the nervous system.

The more you breathe, the sooner you will correct your circulation of blood, and the better will be your physical condition. Proper breathing will not only help the blood into wonderful condition and into perfect circulation, but it will also act upon the muscles through the nervous system, upon which the strength of the muscles depends. Breath is the invigorator and restorer, the great redeemer of all things.

#### Purifying the Blood

There is only ONE natural and absolutely correct way of PURIFYING THE BLOOD, and that is to learn to BREATHE PROPERLY, and practise it continuously until it becomes a natural habit. I believe that one of the chief factors in hastening Old Age is incorrect and shallow breathing. The reason is because a person who does not breathe properly does not use the full capacity of the lungs, so that when the venous blood comes back to the lungs to be purified, there is not enough oxygen drawn in to do the work.

You may blame your food, your hard work, or any other cause for your ill-health and old age, not realising that the real cause is the lack of oxygen in your system through improper breathing.

Those who suffer from "Nerves" can swallow all the nerve tonics in the world, but if they take them for a life-time they will never accomplish what a few weeks of conscientious practice of correct breathing can do.

If you have too much weight on your body, or if your body is too thin, you can remedy either condition by correct breathing. You can reduce your weight, and get rid of the superfluous fat, or you can build up the tissues and round out your contour by the same process. By correct breathing the tissues take on new life, and the muscles regain their elasticity.

For centuries Niagara Falls were merely wasted energy. When the Falls were controlled and their power harnessed, they became the source of widespread usefulness and profit. It took intelligence to harness Niagara Falls—and it takes intelligence to recognise the importance of controlled breathing.

### Four Instruments of Life

We have Four Instruments of Life:—Breathing, Food, Motion and Thought. Two of these Instruments are spiritual, viz.: Thought and Breathing. Food and Motion are more closely related to our physical nature. We are as we THINK, BREATHE, EAT and MOVE. So it behoves us to perform these functions properly. It has been estimated that only ONE person in every four hundred in the entire world breathes properly. And yet, the rewards that follow the Mastery of Breath are constant and profitable.

### Rhythmic Breathing

Breath is Life's Rhythm. A wave of air ascends; another descends. Thus, upon the air stream the harmonies or disharmonies of Life beat. Breath is actually the



measure of life, for life is but a passage from one breath to another breath. It is Life's Spirit. When breath ceases, life stops. Breathing, therefore, is the symbol of Movement—the PULSE OF THE UNIVERSE.

The practice of Rhythmic Breathing for a few weeks will awaken dormant inner energies, and quicken into activity latent springs of motion long covered up and stultified by the grossness of ease. A new grace of body develops when the lungs are awakened from their sluggish sleep, the eyes become bright, limpid and magnetic, the skin sheds its dryness and wrinkles, and the whole face blooms anew with colour and freshness under the revivifying magic of Corrected Breathing.

To understand this transformation you must know that at all times the base of the lungs is filled with an Acid Gas, the acid of dead cells, accumulated dust, and Carbon Dioxide Gas. This gas content moves out of the lungs very slowly when breathing is unconscious, but when correct breathing and arm-swinging are practised, these dangerous gases are quickly expelled. Here, then, is a simple Youth-promoting and Health-regaining habit.

In ordinary involuntary breathing, about thirty per cent. of the gaseous wastes of the body are thrown off through the lungs. When correct breathing is established, and made a daily habit, it is estimated that fully fifty per cent. of the bodily waste gases are eliminated through the lungs. So that when a person fails to breathe correctly, the work of elimination neglected by the lungs is thrown on to the kidneys, which are thus forced into unnatural activity, and another disease results.

## A Long Life—and a Happy One

The best of our life is not behind us when we adopt the good habit of Correct Breathing. Every human being has actually the spark of a full century of life within his physical organism. We die entirely too soon, and the last half of the average person's life is a dying process.

People should really be ashamed to demonstrate old

bodies, as they simply advertise their ignorance about Nature's laws and their operation in the human body. When we learn to comprehend how "fearfully and wonderfully" we are made, we will become more attentive to the laws that govern eating and breathing.

**GROWING OLD IS A SIN AND A DISEASE.** We can, if we choose, be young men and women at seventy. All that is necessary is an open mind, and a little more intelligence in our habits of living. Faulty habits shorten life. Habits of intelligence increase happiness and prolong life. Scientists aver that after the age of twenty-five, because of diminished alkalinity, our blood-stream often begins to thicken; with this thickening of the blood, the heart is overworked, and an enlargement of that organ is often brought about because of its endeavour to force the thickened blood through the veins and arteries. The steadfast practice of corrective breathing helps to keep the blood thin and pure. Thus the heart is greatly aided.

As a general rule, the hardening of the arteries follows the enlargement of the muscles of the heart. The lungs control the heart and the circulation of the blood; therefore when corrective breathing is used, the lungs are vitalised, the heart is eased, and the blood is purified.

An eminent New York physician recently declared:—

*"It matters little when you take up the practice of proper breathing; you automatically extend your span of life for from five to thirty years."*

## Health is Wealth—and Beauty

Health is really Life's most precious wealth. And it is attainable by everyone. Any one with intelligence can demonstrate Health of Mind and Body, and be young when they reach the age of sixty or seventy. And just picture the beauty this adds to life! When we are weary, old and sickly, life loses all its beauty. It is only beautiful when we are in perfect health, and can accomplish whatever we want.

It is an accepted fact that one billion people—one half the entire population of the earth—are suffering from



"incurable" diseases. It is also said that 800 in every 1,000 other people are suffering from various lesser diseases. Why—why should this tragic condition lie upon the human race like a cloud, blotting out the beauty and happiness that life was intended to bring us?

The reason is simply because people do not know the first laws of life. Often they do not want to know them, or are too sceptical or too lazy to investigate. And many of those who do investigate are only dealing with symptoms, and not with causes. Let us find out the *first cause* of any disease, and correct that, and we will find that the symptoms disappear.

## The Magic of Oxygen

The body's need for Oxygen is so great that every thirty seconds from birth until death the blood must pass through the lungs to be replenished by life-giving Oxygen. Oxygen is the life of the body. It is free to all, and exists in abundance. It is present everywhere, and is the only thing we have that is absolutely free. All we have to do is to inhale it and get it into our lungs. Yet men and women are dying prematurely every day for lack of this life-giving element. The doctors know the value of Oxygen, and often administer tanks full to dying patients, but it is very often too late.

I shall never forget one morning in San Francisco, when a medical doctor for whom I was nursing called for me in his car, and told me he had a woman patient at the Hospital who was dying. I told him I did not like being sent to patients who were dying. But he replied: "I think if any one can help her, you can!" When we arrived at the Hospital the woman was in a coma, and the doctor said we were too late. Knowing what I knew of breathing, I said: "Let me have Oxygen." So I rang and ordered it, and secured a tank of Oxygen, and for thirty-six hours I stood over that patient administering the Oxygen, till gradually I could see the life creeping back into her body. In ten days we had her sitting up, and out in a wheel chair.

## Methods of Breathing

The Brain is always bathed in Oxygen, and a continual supply of Oxygen is needed to renew all the vital functions and processes of Metabolism.

Abdominal breathing, which I am about to explain, aids in preventing Constipation, because of the downward churning and massaging action caused by the Abdominal or Diaphragmatic breathing. Because of shallow breathing and slovenly posture, 90 per cent. of the people of the world suffer from Constipation. If you want to correct this trouble, and get all the organs of elimination working properly, try this method:

Drink slowly four or five glasses of warm water, with a little lemon juice in it, and then take in a deep breath, filling the lower part of the lungs. As you breathe in, push the abdomen out; as you breathe out, pull it in. This method will soon often correct the worst case of Constipation, and liven up all the lower organs.

I feel sure that any one who reads this book will wish to continue living until the time comes when he chooses, of his own accord, to cast off the garment of flesh, and clothe himself in a garment more suitable for his advanced development. Many people pass out of life long before their time, and before they have completed their work. Why must this be? Why cannot we exist in a garment of flesh and blood as long as we choose? One of the reasons is that we do not understand the power of Breath Control. There are other reasons, which I will deal with in the later part of this book.

Now, as to methods of Breathing:

If you are nervous, irritable, excited or over-tired, and feel that you are on the last lap, **JUST BEGIN TO BREATHE FROM THE LOWEST PART OF YOUR LUNGS.**

Begin by breathing in while you count **FOUR**; hold your breath while you count **FOUR**; breathe out while



you count FOUR; and rest while you count FOUR. Then, begin to increase: breathe in while you count FIVE; hold your breath while you count FIVE; breathe out while you count FIVE; and rest while you count FIVE. Increase again, till you can do the same with SIX. When you have perfected these breaths, you may start on the Rejuvenation or Spiritual Breath: breathe in while you count SEVEN; hold the breath for SEVEN SECONDS; breathe out for SEVEN SECONDS; and rest for SEVEN SECONDS.

As your power of Breath Control gradually increases, instead of counting, think of SEVEN CREATIVE WORDS—any words that appeal to you most—such as: "I am breathing in LIFE, HEALTH, STRENGTH, VITALITY, POISE, POWER, YOUTH." Actually FEEL these words as you breathe in the Seven Breaths, while you are holding your breath, while you are breathing out, and while you are resting.

As you begin to draw in the Life Currents and feel them penetrating your innermost being, so will every atom and nerve and cell and tissue of your body take on NEW LIFE. You will begin to feel the glow of a new vitality and an invigorated existence. Your nerves will become calm, because of the generation of electric power flowing through you. Your mind will become soothed through this concentration on the real things of life that you were intended to be and to have. Your blood will circulate more normally through your arteries and veins, and become more quiescent. Your whole body will tune in to the great Divine Life-currents. Old and sick and worn-out cells will be thrown off, and new, life-giving properties will be made manifest in your body and mind.

A trial will convince any one of the value derived from this practice, physically, mentally, and in every way.

It is always a good plan, before starting any breathing exercise, to RELAX the body as much as possible. A good way to accomplish this is to take a RELAXATION Breath. This is done by completely emptying your lungs,

and making your body as limp as possible. Let go of everything; loosen up all the tension; then begin to take a deep *sniff*; sniff in and out. Do this about seven times. It will help to take out all tension from the body, and you will be able to relax perfectly. Make the last exhalation as long as you can.

### “As a Man Thinketh . . .”

We pass hundreds of men and women daily who have not a true conception of what a perfect body is, or should be. I always feel that I want to give them a new conception of Health, Joy and Happiness, so that they may make a perfect picture of their body-temple, and transform it into a glorious creative one, useful as well as beautiful, and one that is at their own command to do what they will with it.

There is a great and glorious Divine Law governing all life; it is—“AS A MAN THINKETH IN HIS HEART, SO IS HE.” It is so simple that it seems impossible, and we pass it by every day without paying much attention to it. Have you ever thought that the ideas of sickness and poverty we hold in our minds are being made manifest in our lives. If we want healthy, perfect bodies, as they should be, we must set to work and reverse the process. We must think only about the GOOD we want, and we must make pictures, every day, of our bodies becoming perfect, as they should be, in the image and likeness of God. For it is an undeniable truth: that what Man identifies himself with, that he will become.

### Dynamic Truths to Remember

REMEMBER that our body is a vast magazine of power. Man and Woman have the power to accomplish all they wish to accomplish, if they centre their wills intelligently on their goal. For Man is in his essence ONE WITH THE SUPREME DIVINE LAW, and the further he grows into this consciousness, the greater is his endowment for supreme achievement.



REMEMBER that Knowledge is Growth, and not an external acquirement. Therefore we must awaken that Divine Power within us; and as our faculties unfold, and our organism becomes perfect, true Knowledge, which ever dwells within, will find the instruments necessary for its manifestation, and come forth radiantly. The Divine Spirit will guide you and lead you into all truth. We must learn—and REMEMBER—that the mental and emotional powers, divinely directed, are the most potent of all influences in affecting human life and controlling Destiny.

## How to Add Years to Life and Life to Years

It has been said that "Breath is the fly-wheel of Life." Its dynaspheric finer forces, sanely used, add Years to Life and Life to Years.

At this stage I would like to pay tribute to all the wonderful teachers under whom I have studied in all parts of the world. Especially would I mention my Yogi teachers, through whose marvellous knowledge, put into practice by myself over many years, I am what I am to-day. This book is my opportunity to pass on some of this priceless knowledge.

I will now give you in detail some of the Special Breathing Exercises from which I have derived the most benefit. Before I do so, I would warn you that all Breathing Exercises should be taken when the stomach is empty, either before a meal, or three hours after.

### (1) Breath for Re-charging the Body

Sit with your spine straight. This gives a free flow to the vital life-force. Relax the body; bend a little forward. Inhale through both nostrils as deeply as possible from the lowest part of the lungs. When the lungs are quite full and the upper part of the chest expands, hold the breath. With every breath, combine three things: (a) right posture of the body; (b) correct breathing; (c) right attitude of the mind. Make a picture of your body as being filled with Cosmic Energy, and being made

whole, healthy, vital and radiant. Make a vision of yourself as you want to be, and would like to become. Tilt your head backward on the spine, and hold until you feel a strong pressure on the upper part of the spine; then let the breath out through both nostrils as if you were sighing, by tipping the head downward. Do this breath from ten to fifteen times.

If after doing this you feel dizzy, it shows that your vital forces are not functioning perfectly. If you feel "cooled off" in the spleen and liver and healthfully stimulated, then your condition is good, and will keep improving if you practice properly. Keep in mind that the largest Room in the world is the Room for Improvement! With this practice, within two days to a week the abnormal or sub-normal condition will become normal. When all congestion is removed, the vital life-force and the life-wave will function uninterrupted. This is a specially good exercise for the Liver and Spleen.

## (2) Vitalic Breath

Sit in the same position as before. Put one of your fingers on the right nostril, and inhale as deeply as possible with the left nostril. When the lungs are full and the upper part of the chest expands, hold the breath by closing both nostrils until you feel heated all around the Solar Plexus and your heart begins to beat a little faster, and you feel a trifle uncomfortable, then slowly let your breath out from the opposite nostril with the nostril half closed by putting your finger over half of it. Breathe in first with one nostril, and then alternate with the other. Practise this from ten to fifteen minutes at a time.

If a person has too much weight, this breathing should take off from six to ten pounds a week, as it burns up the surplus fat, and changes it into electricity. Thus the person becomes lighter, brighter and stronger, until the weight becomes normal. On the other hand, if a person is under-weight, he can put on three to five pounds a week until his weight becomes normal; the body will become



as strong as steel and as light as a feather. The more breathing we do, the finer the vital life-essence becomes and the greater and better is the rate of its vibration.

### (3) Beauty Breath

This is the best breath for all those whose hair is thin or who are growing bald; also for those who are wearing glasses. After doing this breathing for a while, they should be able to throw away their glasses. It will also keep the face free from wrinkles. It benefits the tongue, teeth and tonsils, and keeps the Thyroid and Pituitary glands in good condition. Here is the way to take it:

Stand upright with your feet about two feet apart. Put one of your fingers on the right nostril, and inhale deeply from the left until the whole of your lungs are fully expanded. Then hold the nostrils closed by holding them with your fingers. Concentrate your mind and place your attention on the middle of your forehead, between your eyebrows. Make a picture of your face as something Divine; think of it as Christ-like and radiantly beautiful. Hold that thought, knowing that **WHAT YOU MEDITATE ON, SO YOU BECOME.**

Bend your head and neck far down, as low as possible, holding the breath and the thought, until you hear a strong pulsation of blood on the top of your head, and the blood rushes to your eyes, your face flushes up, your tongue fills with blood. When you feel these **FOUR CONDITIONS**, then **SLOWLY** raise the head and neck and the body, still holding the breath. When you have completely straightened the body, then let the air out from the opposite nostril.

If you feel a little dizzy when you first practise this, it is because your brain cells are congested. But if you persevere, within three days, instead of feeling dizzy, you will feel the blood tingling all over your face and head. This is better than any Beauty Lotion you can buy in a bottle, or any treatment you can get from a Beauty Salon.

When you feel the blood in the face and head, you will know that the purified blood-stream is burning up the toxins from your body.

**NEVER TAKE THIS BREATH MORE THAN TWICE AT ONE TIME**, each time inhaling from the left, and exhaling from the right.

#### (4) Dynamic Breath

This is one of the best Breathing Exercises for those whose hearts are weak and their vitality low.

Put one of your fingers on the right nostril, and inhale deeply through the left, until the lungs are filled. Close both nostrils and hold until your heart muscles begin to vibrate faster. Hold the breath as long as you can without strain; then let it out through the opposite nostril with the nostril half closed. **NEVER TAKE MORE THAN TWO OF THESE BREATHS AT ONE TIME.** If you can learn to hold your breath, by diligent practice, for one-and-a-half to two minutes, this will automatically help to remove the negative state of your mind, and balance the positive and negative of your body.

#### (5) Lung-Strengthening Breath

This is the best breath for all people with consumptive or tubercular tendencies. It is also good for everyone, as it keeps the lungs healthy and in perfect form.

Place one of your fingers on the right nostril, and inhale deeply through the left until the lungs are full. Close both nostrils and hold the breath just a little with the nostrils closed, but right away let it out through your mouth with a big noise like "Ha!" This "Ha!" noise must be made by your breath as you let it out from your vocal chords. When you begin, let it out slowly, and let out as much as you can. Those who have practised for a week or so can let it out strongly, and as much as they can, until they feel the last of the breath under their chin, and a strong strain around the liver and spleen.



Alternate this exercise with the other nostril, and do it seven times. **DO NOT DO IT MORE THAN SEVEN TIMES.** You should feel cooled-off all over your body.

## (6) Insomnia Breath

Sit with your spine straight, body relaxed, bending a little forward. Inhale through the left nostril, putting your finger on the right one to close it. Breathe in as deeply as possible. When you have taken in all the air you can, hold the breath just a little, and right away exhale it from the left nostril—the same nostril you used for inhaling. While exhaling, imagine you are directing the flow of the breath up the spine into your brain; think of it spreading out like a spray. Do this at least ten to twenty times. If you feel a cooling sensation up and around your head, and at least half of the air coming out of your ears, your head is as it should be. If you feel a little dizzy, there is congestion in the head. Within a few days after practising this breath, the condition will become normal, and each day you will feel your strength improve. This breath also electrifies the spine and the fibrous system connected with it.

When you find you cannot sleep, keep the heart warm and the head cool; we generally do the opposite. This Breathing Exercise will keep the brain cells in perfect condition by eliminating the dead cells and stimulating the action of the live cells, and make you sleep well. Your powers of hearing will improve from the very moment you begin to use this exercise.

## (7) Combination Gland Breath

Stand with your heels joined together like a soldier at attention. Inhale deeply through both nostrils. Hold your breath, and turn your head to the right. Pull your neck muscles as much as you can, and try to see the back of your body without moving the body, until you cannot stretch any further. Hold the tension until it compels the

adrenal glands to give out their secretions and inject them into the blood-stream. This should start up a profuse perspiration, starting from the kidneys and spreading all over your body. You feel hot and are perspiring all over, and almost dizzy as if you would fall. Then let the breath out. Hold on to a chair if you feel weak. Every day hold a little longer. Increase your capacity before you increase your work.

This is the best Breathing Exercise for the kidneys, the supra-renal or adrenal glands, the spleen, the liver and the lymphatic glands. It has no equal for keeping all the vital organs in excellent health.



## CHAPTER III.

### FOOD VALUES—PART I.

The human organism consists of a mass of chemicals acting and re-acting on one another in that general process known as Metabolism. The stomach is the main laboratory of this intricate, complex and wondrous organism, and if you want good health, physically and mentally, you must be careful to furnish to this laboratory the food-chemicals which enable it to produce the best results.

Fruits and Vegetables of all kinds—but especially Citrus fruits and leafy, green, non-starchy vegetables—are highly important in obtaining health and long life; in fact, they are the only foods that will keep the body clean and strong. They not only eliminate poisons, keep the system open, act as antiseptics and purify the body, but also by means of the vitamins and cell salts they contain, provide all the building warmth and energy necessary for health and long life.

#### Delusions About Meat

Don't be one of those mistaken people who think they must eat Meat "to keep up their strength." Cows stay well and strong, and produce Milk—the one most complete food—on grass. Mechnikoff, the great food specialist, and many others, have declared that Old Age comes more often from putrefaction of the colon than from any other one cause. Meat and all other concentrated foods possess so little bulk that they do not promote the peristaltic action of the colon which is necessary to elimination. They lie in the colon until decomposition and putrefaction set in; the poisons thus generated seep into the blood-stream and affect the entire body. The thinking power is also

affected, for no brain can think quickly, clearly, or straightly, when the body in which it lives, and from which it gets its sustenance, is full of poisons.

### Basic Essentials

During childhood and youth the diet should consist of foods which provide material for growth, plus the vitamins and the other food essentials. But after the body is matured, it is necessary to eat only such quantity and quality of food as will keep the body and brain healthy, strong and active. These basic food essentials not only play an important part in the growth of the child's body, but are necessary to the maintenance of health and strength in the adult. Whether you are eating to build, to heat, to repair, to strengthen, to purify, to energise or to maintain the body, these basic essentials, found more plentifully in raw fruits and vegetables than in other foods, are vitally necessary. Besides the desirability of these vitamins, the part they play in the elimination of waste products, especially by means of the Citrus fruits and the bulky, cellulose vegetables, makes them indispensable articles in every individual's diet.

### Heavy Foods Cause Acidosis

Heavy, hearty foods—such as Eggs, Meat, Beans, Bread, Pies, Pastries and Cheese—often decompose before they can be digested, owing to their deficiency in anti-fermenting or antiseptic salts. They not only do not leave the body when they should, but cause dangerous deposits which lead to disease. Vegetables and fruits, especially in the raw state, are rich in these salts, and the heavier foods should never be eaten without them, as they are needed to offset this tendency to poisonous decomposition. They also aid digestion, and by so doing clear the stomach of the blood supply which has been borrowed from the brain, thus enabling it to return there to do its more important work.

Many who have suffered from Indigestion find that the addition of raw fruits and vegetables to the diet relieves



the trouble, and assists the brain to do good work much sooner after each meal, than previously.

Don't forget that every hearty meal of Meat, Potatoes, Sweets and Fats, and the rest of the "good, nourishing foods" so popular, if minus the addition of raw fruits and vegetables, is a MEAL THAT DECOMPOSES, FERMENTS, and remains in the system, CLOGGING IT. Decomposition develops poisons or toxins, and toxins cause disease. The body of such a person is half-sick, partially diseased, and inefficient, even when no positive ailment manifests itself. The majority of the population of the world suffer thus from ACIDOSIS, which is the result of eating too heartily and too exclusively of such foods as Meat, Potatoes, Bread, Pastry, Pies, Cakes, White Sugar and Eggs.

Van Norden in his "Diseases of Metabolism and Nutrition" says:—

*"A lack of food salts causes a morbid derangement of the nervous system. By eating foods containing these elements one is able to build up reserves which will carry him through emergencies, not only of extra brain and body work, but such exigencies as sorrow, shock, or illness, while the individual who has been confining himself too exclusively to a meat, bread and potato diet, though he may look fat and husky, when disease strikes him goes down with the first blow."*

Dr. Charles C. Froude, one of the best food scientists of our day, said:—

*"Healthy animals fed on food from which the natural salts have been entirely removed, die more quickly than those not fed at all."*

Froude goes on to say:—

*"This is because the body fed on a vitaminless diet is compelled to spend much energy throwing off poisons produced by eating devitalized foods, while the body fed on nothing whatever is spared this expenditure of energy,*

*thus prolonging its life. Persons whose diet consists almost exclusively of sweets and starches succumb easily to weariness, dullness, depression and disease."*

Weigert, in an interesting passage, states:—

*"Immunity from disease is in inverse ratio to the water content of the body. A sugar and starch diet increases unnecessarily the amount of water in the tissues, and causes a rise in body weight. People who appear plump, round, and well-nourished are often water-logged, and show slight power of resistance against infection. Any diet deficient in fruits and vegetables lowers the resistance of the body and the keenness of the brain, so that emergencies, physical and mental, cannot be met with any such degree of success, as that of persons who have established the habit of consuming a certain quantity of these life-giving and building foods each day."*

## Popular Errors

People generally believe that BREAD is the Staff of Life, and therefore eat far too much of it. Bread should be eaten very sparingly, especially after thirty-five years of age. White bread should NEVER be eaten, if you are wanting a healthy body, and wish to live a long, vital and helpful life. White bread is not any better than cooked paste. In the white flour, the outer brown covering and husk which contains the food essentials are thrown away; but the bread that is made from the whole of the wheat has all the essentials that the body needs, and, therefore, helps to keep it healthy.

Again, most people to-day eat too much FAT. Fat is a highly-concentrated food, and should be taken sparingly. The Butter we eat on our bread and for the flavourings of our foods, and the Olive Oil we eat on our salads will furnish sufficient Fat for all the body's needs.

Fat is also a heat-producing food, and for this reason should never be eaten in large quantities, especially in the warm weather. Most of the tired, lazy, dull feeling



experienced by people during the summer is due to the extra heat-producing foods they have eaten.

SUGAR also produces heat; and when we have it in its refined white state is, so the experts say, one of the nation's greatest curses. There is sufficient natural sugar in fruits and root vegetables to meet all the needs of the body; any addition is harmful, especially after thirty-five years of age.

Sugar is not only devoid of the life-giving essentials, but interferes with digestion, and causes fermentation and the forming of Carbonic Acid Gas and Alcohol in the stomach. It not only prevents the proper digestion of the starch intake, but also delays the digestion of every other article of food.

MILK is often misused through want of understanding of its innate properties. Milk is not a drink, but a food. A quart of Milk is equivalent to one pound of steak, or eight eggs.

ALCOHOL is of no use to anyone. There is not one advantage to be had from it, but many serious disadvantages.

HOT AND COLD DRINKS are often carried to extremes. Do not indulge in very hot or very cold drinks. Cancer experts declare that very hot beverages increase the tendency to cancer and ulcers of the stomach. It is better not to take anything hotter or colder than the bodily temperature. Very cold drinks so lower the temperature of the stomach that digestion is interfered with. For this reason iced drinks or ice-cream should never be taken with a meal. Your mouth should tell you whether a food or a drink is too hot or too cold; its membranes are more hardened than those of the stomach, and if your food, hot or cold, causes discomfort in the mouth, it will cause much more in the stomach.

### When Not to Eat

Never eat when you are not hungry, even though it may be your regular meal-time.

Never eat when extremely tired; the stomach is full of nerves, and when you are tired, those nerves are too tired to do their work properly.

Never eat when you are so excited that you don't know what you are eating. Those excited nerves in the stomach and solar plexus are too keyed-up to play their normal part in digestion.

Eat very little when a feeling of sickness or nausea or a headache is present. If a headache comes on in the morning, in nine cases out of ten it is due to food lying undigested in your stomach. Don't pile any more in on top of it.

Never eat when angry. The harm you do yourself by bolting food at such a time is greater than any your enemy can do you. If you have been wronged or injured, don't add to it by putting food into a stomach whose nerves are tingling with fury. Remember that whenever there is any upset in the mind, the process of normal digestion stops. The stomach under these conditions refuses to work, and the food decomposes or ferments.

Never eat your food hurriedly. Take time to chew each morsel properly. The heaviest meal of the day is best eaten after your heaviest brain-work is over. Eat your lightest meal prior to your heaviest mental activity.

Don't eat in ugly or uncomfortable surroundings. Eat in as attractive, artistic and appealing surroundings as possible. If there is music, it should be low and harmonious. Soft lights and tasteful decorations stimulate the senses without straining them.

Don't eat while you are filled with Fear. Fear of any kind seriously interferes with digestion. It consumes and wastes the precious nerve energy needed by the stomach to carry on its processes. Under the strain of any destructive emotion the glands which supply digestive secretions to the stomach, fail to receive the stimulation necessary to perform their functions. The food begins to ferment and acidify, producing putrefaction, which in turn



produces toxins that poison the whole system. After putrefaction has once begun, the food thus affected can not be digested.

Another foe to digestion is **WORRY**. Worrying at any time is most harmful, but worrying at meal times is fatal to health. It is a good thing to establish the habit of **RELAXING PHYSICALLY AND MENTALLY** before each meal. Five or ten minutes given to this will work wonders. If you can, lie flat on your back, or sit in a relaxed position, loosening up every muscle and cell of the body; stop the mind from thinking of anything that is not constructive; let go of everything till you are at peace—then you will find that you are at peace with your food.

Never eat a meal when full of **JEALOUSY, ENVY, MALICE, REVENGE, or RESENTMENT**. The effect of these destructive emotions is disastrous to the digestive organs. One of the chief causes of Indigestion, says a noted physician, "is the pernicious habit so many families have of storing up their troubles till meal time, and making that meal a mutual agitation meeting."

Do not make a practice of eating with people who bore, upset, nag, humiliate, or irritate you. Avoid them at all times, if possible, but especially at meal times. Do yourself the justice of refusing to sacrifice your health to such people.

You will begin to realise from all these "**DONT'S**" that for Food to digest and assimilate properly, it is essential that you enjoy everything connected with its consumption as much as possible. Enjoyment enables the glands that secrete the digestive fluids, and the stomach itself, to receive and re-act to the nerve stimulus necessary for proper digestion. An atmosphere of happiness and harmony is the most important element of your meal-time.

Don't forget to masticate your food properly. Because the first part of the process of digestion takes place in the mouth, where the food should be well chewed and mixed with saliva, it is necessary to eat slowly to give the saliva

time to flow. But at the same time, it is not necessary to become fanatical about mastication. It is a scientific fact that all extremes are bad. So just chew your food a little more thoroughly than the average person does. Get into the habit of masticating it till it is properly softened and mixed with saliva—and leave it at that.

**NEVER EAT WHEN YOU FEEL ILL.** When attacked by any disease, stop eating for at least a few hours. The stomach is the most important organ in the whole body: it is the oldest, the most vital, and the most closely related to all other parts of the organism. The instant anything happens to us—physically, mentally or spiritually—our stomach knows it and is affected by it. So when you are disturbed in any way, refrain from eating, and do some corrective breathing which will help to tone down the nerves, and relax for a few minutes. When you do begin to eat again, be sure to get the essentials found in fruits and vegetables. Be very careful to avoid starch, sweets and eggs when you are ill or out of sorts. Eat as lightly as possible; you cannot digest the rich, heavy foods. And above all, do not spoil the goodness of the foods you do eat, by worry, fear, over-anxiety about your condition, or restlessness. I repeat—for I cannot impress it upon you too often—that if you want to keep well, and live to a good, ripe age, you must keep your stomach and your mind in harmony and peace. Nature will do everything else there is to do.

## An Ideal Diet

An Ideal Diet for any person labouring under intense mental strain is one composed chiefly of FRESH MILK, eaten very slowly, plus fresh vegetables and fruit juices.

Whenever you have a big problem to solve, or any important decision to make, or are negotiating a big deal that means much to you, **GO WITHOUT A MEAL PRECEDING THE CRISIS.** By this means you will keep in your brain all the blood you need for the clear decision. When we eat food, if it is to be digested properly,



blood is called from the brain to the stomach to chemicalise the food. If this blood does not come to the stomach's aid, the food lies there undigested, and ferments. Even after the crisis is over, if you feel at all tired, do not eat too heartily, but only take the right, light foods of fruit and vegetables. When doing so, relax, forget your problems and the strain you have gone through, knowing it is all over, and giving yourself up to the enjoyment of a peaceful meal.

## The Value of Fasting

I have made an intense study of almost every known curative method, from metaphysical mind-treatment to modern surgery and gland therapy, and I have come to the conclusion that the very soundest and quickest way to overcome disease and old age is some form of FASTING.

I have experimented on myself many times, going three days or longer on nothing but water. On one occasion, I went for ten days on water only, and moreover, worked hard during the time. I also had a niece, who at one period went for forty-two days on fruit juice and water only, with excellent results.

Personally, I am not a believer in long fasts; but I think a short fast with a great deal of corrective breathing will work wonders in so-called "incurable" disease, giving results that nothing else can or will give. This is, providing the mind is at peace and in harmony with conditions, and that a good elimination is being obtained by means of the four large organs of elimination.

Several bodily changes will be noted during the course of a fast, which account for the remarkable results that follow this method of treatment. Fasting from food and drinking plenty of fruit-juices and water give the body a chance to cleanse itself of the accumulation of material that the body could not use for building and repair work. As the process of assimilation is temporarily retarded, the work of elimination proceeds with increased activity; thus

the body is given a thorough "house-cleaning." The rest also given to the digestive organs is of great benefit. When we have been putting more food into the body than it can take care of, and when we realise that the work of Nutrition has been going on for so many years, it is only natural that the digestive and assimilative system should require a complete rest. Thus normal functioning is re-established, and strength is gained in a marked degree. After a short fast, normal hunger for simple, nourishing food soon returns, and replaces the craving of an appetite which has not known real satisfaction before. We can never experience the natural sensation of hunger until we have overcome the call of a diseased appetite.

We take a FAST, then, with the object of allowing the body to *cure itself*, and we can always be sure of wonderful results from occasional short fasts in every acute or chronic disease. In the course of my vast experience—over thirty years of investigation, research and practising—I have never had a patient who has not been greatly benefited by a SHORT FAST.

When a patient undergoes a complete Fast, he is forbidden all food and allowed nothing but water, the amount of which is generally governed by the thirst of the patient, usually a reliable guide.

### Inner Cleansing

When endeavouring to get rid of the poisons and acids from the system, it is a good thing to have one or two high colonic wash-outs with an enema of warm water with a little lemon juice in it.

All enemas are best taken in the knee-chest position, which allows the water to flow slowly to avoid cramping. Soap and other irritating material should not be used in the enema, as the mucous membrane of the rectum may be injured by it. The patient should hold the water for a few minutes, and allow it to come out as slowly as possible, so as to avoid irritating the rectal membranes.



Sometimes it is found that the first in-flow of water does not reach up very far; it often comes into contact with an accumulation of gas. As the water is expelled, the gas will gradually disperse; and so it is often advisable to give two or three enemas at the one time; thus all the gas can be expelled, and the water can rise higher, often breaking up a mass of effete matter that has adhered to the walls of the colon. The cleaner we can keep the small intestines and the colon during a fast the better.

## Organs of Elimination

THE SKIN carries on one of the most important eliminative functions of the body, and should be kept as healthy as possible by showers or sponge baths. These are much preferred to deep baths of hot or warm water, which are often too enervating, and take away the energy from a person who is trying to gain strength.

One of the best ways to keep the Skin functioning properly is to give the body a thorough friction rub every day, from the crown of the head to the sole of the foot. This can be done with a rough towel or a skin brush, or even with the hands; they are really the best of all. This friction brings a fresh supply of blood to the skin, and tones up the peripheral nerves.

It is also a good plan to expose the body to the air every day, if possible, for a short time. We absorb the Life Force and the Oxygen from the air through the pores of our skins, so that the fewer restrictions we endure in the way of tight or heavy clothing, the healthier we will be. Open your bedroom window and let the fresh air blow on your skin as often as possible. If you start this habit in the Summer, you will probably find that you can carry it on all through the Winter, especially if you keep up also your corrective breathing and a few simple exercises.

Sunlight and Air are most important for the preservation of health. In places where the sun does not enter, there is the greatest mortality. An old proverb says: "When

the Sun does not enter, the physician enters." A sun-bath once in a while will help the body in all its physiological functions, by providing an even distribution of the blood in the first place, and then by acting as a germicide.

People should be careful, however, in first exposing the body to sunlight and air before they have become used to it. A sun-bath should be taken at the start for not more than ten to fifteen minutes at a time, on the back and front. This can be increased as the skin becomes gradually used to the rays. In the morning, before the sun's rays are too hot, is the best time. When people expose their bodies to the fierce sunshine as they do on the beaches in midsummer, sometimes much harm is done by the infra-red rays, as there has not been time for the pigment to be formed in the skin as a protection. On the other hand, as a result of insufficiency of sunlight, the fibrin and the red corpuscles of the blood become diminished in quantity, and the serum, or watery portion of the blood, is increased, causing impoverished and disordered conditions.

Another great organ of Elimination—which we are considering, especially in relation to Fasting—is the Lungs. During a Fast there is nothing so helpful as corrective breathing exercises. They help to eliminate the poisonous gases from the lungs, and also supply a larger intake of Oxygen which is needed in the adjustment of Metabolism.

Increased strength is often felt towards the end of a Fast, because the body has gradually become free from its poisonous impurities. At the beginning, however, for the first day or two of a Fast, people often experience a condition similar to biliousness, with headaches and nausea. This is because, as assimilation is suspended, elimination is increased, and the accumulated toxins are being ejected into the system. If these symptoms persist, it shows that the patient has a great deal of toxin in the system, and the Fast should be continued until the headache and nausea disappear. The tongue may become coated, and the breath foul and offensive until the waste products are finally eliminated.



No one should attempt a long Fast except under the care of someone who understands every detail and symptom liable to occur. Satisfactory results are generally accomplished by a short Fast, followed by a proper dietary, and also by a series of short Fasts.

If a person is not in a state to undergo a complete Fast, I have found by experience that "fruit fasts" will bring about very beneficial results. For several reasons these seem the best Fast to use for most cases, with the exception of severe forms of acute diseases. The fruit and the juices aid in expelling waste matter, and when the whole fruit is used, fibre and all, also provides bulky material which clears the intestinal tract.

When a patient is put on this very pleasant kind of Fast, he may have fruit or fruit-juice every hour, or every two hours, and water in between whenever he wants it.

In the case of an acute or chronic disease, the ideal treatment is to fast. We reason it this way: in order to have a healthy and normal body, and to stay on this earth longer and more comfortably than the average person is supposed to do, there must be **HEALTHY AND NORMAL BODY CELLS**. A body cell is the basis of the organism, and the body is an aggregation of body cells. To keep these cells normal, the body must be properly fed. It is only by the vital food salts entering into the chemical processes of the blood that we are able to maintain the building-up of the body and repair of broken-down tissue, to transform the food into Heat and Energy, and to eliminate the waste products.

Fresh fruit and vegetables, in the right combinations, act as an antiseptic, eliminating, purifying and laxative; they are also rich in the building elements as well as restoring Heat and Energy. But before any food can be utilised by the body, it must go through the processes of digestion, assimilation and absorption. When these processes are carried out properly, the body cells are built and nourished. We must therefore use the best means of

seeing that there is no interference with the renewal of these cells.

Nothing in creation is as marvellous and wonderfully constructed as the human body. It is delicate in its construction, and only by supplying it with its proper sustenance can it be kept strong and healthy, or be built up as it was intended. When a body is being built, the foods given it must provide the materials for the *growth* of the body cells; but after these cells are matured, it is only necessary to eat the right kind and quality of the foods that keep them strong and active.

Besides the foods that build, and the foods that re-build the body cells, there must be foods that are absorbed by the cells and stored away for future use, to give heat and energy as the body needs them.

### Food Essentials

Now, once more: whether food is eaten in order to build, to repair, to heat or energise, or to maintain the body, it is essential that the food salts—such as are found in fresh fruits and the raw salad vegetables—form part of all foods eaten. These natural food salts aid the Four great eliminating Organs of the body—the Skin, the Lungs, the Kidneys, and the Bowels—to discharge their burden of waste matter. When one finds how much more pep, vim and vitality he possesses through adhering faithfully to the products of Nature, in right combination, he has no longer a desire for Meat—for the Flesh-pots of Egypt—or for any of the coarse, heavy foods or drinks that deluded mortals clog their systems with! God's sun-kissed fruits and vegetables are the great providers of the body's heat, muscular energy and vitality of functions. Not that the food by itself produces life; it only keeps the vital currents flowing by means of the chemical and physiological actions of the organism.

### What Health Really Is

HEALTH IS THE NORMAL RE-ACTION OF THE INHERENT LIFE FORCE TO NORMAL CONDITIONS.



DISEASE IS THE NORMAL RE-ACTION OF THE INHERENT LIFE FORCE TO ABNORMAL CONDITIONS.

It appears that very many earnest health-seekers do not attain their objective. This is due partially to the fact that they are striving and struggling and searching for the Magic Something that is going to cure all their ills. This causes an internal tension, so that the healing flow of life is restricted.

When people learn that they must LET GO, and live as close to Nature as possible, harmonising their lives and minds with the Laws of Health by corrective systematic breathing, by keeping all parts of the body in activity by proper exercise, thus ensuring perfect elimination, by using a balanced natural diet, and by assuming a correct mental attitude, then, indeed, will they begin to experience the JOY OF LIVING. They will begin to understand in some degree how to obtain YOUTH, HAPPINESS, and all the GOOD that Life has in store for them.

## CHAPTER IV.

### FOOD VALUES—PART II.

#### Proofs From Personal Experience

During the last thirty years I have experimented on myself in all the different methods of Diet. At one time I went for four months on what is known as the Milk Cure. During that time I had nothing whatever but Milk, and Water whenever I wanted it. The result was that my skin became like a baby's and my hair grew thick and abundant; I took on a new lease of life.

At another time I took nothing but Oranges and Orange Juice for two months. I have also put patients, whom nothing else seemed to help, on Oranges only for a couple of months, obtaining marvellous results.

In helping patients who suffered from Cancer, I have had most remarkable results with an exclusive diet of Grapes. Grapes, Grapes, nothing but Grapes, morning, noon and night, with Water in between when wanted. In some of these cases growths have been dispersed by this treatment, but in others it is necessary to keep the patients on Grapes for various periods over several years.

At the time of writing, Grapes are in season, and I have been for two or three weeks on Grapes exclusively, with an increase of vitality and strength that I have not experienced on an ordinary diet.

One case among my patients stands out in my memory, that of a middle-aged woman who was to be operated on for a tumour in the vital organs. I started her on the Grapes and Water. She came in and had a chiropractic treatment



from me every day. At first she was so ill that she had to be brought in, but as the days went on she began to show great improvement. For months before she started on the Grapes, she had been forbidden any exertion. The doctors attending her said that nothing could be done for her condition but an operation, but they did not know if she was strong enough to stand it, and had grave doubts about her pulling through.

After ten days on nothing but Grapes and Water, she arrived one morning in a state of great excitement. She said she had arisen that morning at 5 a.m. and done a fortnight's washing—sheets and all the heavy things—and hung them all out on the line! After being ordered by her doctor never to lift her hands up over her head, she was naturally elated, especially as she felt marvellously well after the exertion. She went around telling everyone how wonderful it was, as she had not had anything to eat for ten days. So I explained to her that the Grapes had eradicated the poisons, and thus the blood had been purified and built up, and a new blood-stream was circulating to all parts of her body. Within three weeks the tumour had sloughed away, and the woman joyfully took on a new lease of life. The last time I saw her, she told me she had never taken a backward step since.

## Laws of Dietetics

It is necessary not only to know the *best foods* and the *best combination of foods*. But in order to win and preserve good health, and to prolong life with enjoyment, one must also know the *best way* of eating such foods. There are certain laws governing dietetics, and these must be observed if the best results are to be had. They are few and simple, and when they are known and observed, it becomes an easy matter to preserve good health, especially when accompanied by proper exercise and fresh air.

It is most important, of course, that we select pure foods only, because they give the maximum percentage of nourishment to the body, and build real strength and resistance to disease.

As to methods of eating: **THOROUGHLY CHEW AND MASTICATE** every morsel of food. Remember that the stomach has no teeth, and that it appropriates and deals more easily with food that has been properly ensalivated.

Starchy foods, such as Bread and Cereals generally, Potatoes, Beans and Peas, and Nuts, are much more digestible when they have been properly masticated. When swallowed without proper mastication, they are responsible for a great many cases of gas formation, which causes so much pain and discomfort.

It is true that Meat and Fish and the Dairy products do not require extra preparation in the mouth, but that does not excuse any one for "bolting" even these. If you are in a great hurry, and are obliged to eat quickly, it is best either to eat only fruit, or just take some milk, or else go without a meal altogether.

## Moderation in All Things

Use commonsense and do not **OVER-EAT**. Be moderate in all things. People in particular who lead sedentary lives often eat too much, and as a result, are frequently in the doctor's hands. Labourers can eat more than office workers, and those who take systematic exercise can eat more than those who do not. Not even experts can lay down a fixed law as to how much each individual should eat; every one must find out for himself. It is fairly obvious that a heavy, sleepy, tired feeling after a meal is the result of over-eating. To get rid of this condition, drink a glass of hot water before and after a meal. If you persevere in this, and, of course, stop over-eating, you will soon find yourself cured, and normal hunger will return.

It is not wise to eat because it is supposed to be a meal-time. If you are not hungry, wait till you feel the normal urge to eat. Those who persist in eating three to five square meals a day, regardless of the body's needs, are



overloading the system. There is no need to fear starvation if you continue to miss your meals until the desire for food returns. Waiting for hunger to return is not harmful; it is a habit that should be encouraged. Eating for eating's sake shortens life.

## Importance of Food Combinations

Try and combine your foods properly, so that you don't eat the wrong combinations. The digestion of foods in the stomach is carried out by fluids or juices which differ according to the class of food eaten. Some of these juices are chemically opposed to others; and if these opposing forces are called upon to do their work at one and the same time, the result is a fight between them, and a consequent hold-up of the processes of digestion. That is what happens if Ice Cream or anything very cold is taken after a heavy, hot meal; the digestion is delayed, sometimes for an hour or two.

All food taken into the system when severe pain is present decomposes and poisons the body. Not only does it do no good, but it does actual harm. People are incurring serious illnesses and even dying, because they fail to realise and obey this law.

As a general principle, try to have your meals when you are not worried or disturbed, and your mind has nothing to irritate it. I have dealt with this subject before under the heading of: "WHEN NOT TO EAT." Still, it will bear repeating as a health-producing maxim: TRY TO PRESERVE MENTAL POISE AND EMOTIONAL TRANQUILLITY at all your meals. The emotional nature, the mentality, and the physical body are so closely inter-connected, that one must keep an even balance between them to preserve perfect health. This is far more important than the mere "balanced diet" we hear so much about.

Foods generally eaten by people to-day are classified as: Starches, Sugars, Meat, Fats, Milk, Fruit, Vegetables and Nuts. When these are combined properly, they build

healthy bodies; used in wrong combinations, or to excess, they cause fermentation. Even the frequency of the heart-beat is regulated by the amount of poisonous or fermented matter in the system. Cooked food, if not properly digested, ferments and forms poisons which act as a WHIP to the entire system. Uncooked food will not ferment, even if not completely digested. This is because the natural minerals which form the basic principle of food value, are changed and destroyed by heating. In uncooked foods, these natural minerals neutralise and destroy the acids that are constantly being formed by the normal breaking-down of the tissues. Since these acids are thus destroyed, the poisons in the food are likewise diminished; the heart and kidneys have less work thrust upon them, and can enjoy a little rest. Here is another good Health Maxim: If you want to live on the earth a long time and enjoy every minute of it, **BE GOOD TO YOUR HEART AND KIDNEYS.**

Otherwise, you will just drag through life, and die long before your time, when you could, by a little effort, understand these laws, and live the Life more Abundant. Any one who studies the story of Natural Foods will find it most thrilling and fascinating. It means elasticity, suppleness, and youth. On the other hand, the wrong combinations, the surplus of cooked foods, and the shortage of foods in their natural state, mean rigidity, ossification, senile decay, old age!

Most people eat too much Protein, especially after the age of thirty-five. After the body has come to maturity, only a small amount is required, so long as the diet is rich in alkaline elements. We need just enough to replace what has been broken down or used up by the work we do. Wrong habits of living lead to the craving for concentrated protein foods, such as Meat. This is really an acquired taste, and has led to many diseased conditions. If we could be sure of getting animals that were free from disease, and if they were killed in such a way that their blood would not be poisoned by the fear of slaughter; also if Meat was not preserved and doctored up as it is,



nor eaten in combination with cooked and starchy food, but with more raw green vegetables, the body would then be able to take up in moderation just what it needed for building and repair.

Alkaline elements—which I have listed for you further on in this book—must be furnished to the blood in the right proportion; otherwise the cells of the body are broken down in order to make up the deficiency in the diet. The mineral reserves are thus depleted, lowering our power of resistance.

By a liberal supply of alkaline elements, especially sodium, calcium and iron, in the form of fruits and green leafy vegetables, we can maintain health and efficiency on a diet furnishing only **TWO OUNCES** of **PROTEIN** daily. This is true even under severe muscular and mental exertion. A diet low in Proteins, but rich in alkaline elements, means that there are smaller quantities of food needed, fewer waste products, and quicker elimination. This in turn means excellent physical and mental health and endurance.

Those eating Meat should remember that Meat should always be cooked by itself. Meat with Dumplings or Potatoes forms one of the worst combinations we could have. Steak-and-kidney pie and pudding are also a bad combination. The best ways to cook meat are either to grill or roast, or to simmer it in a pot.

Fish should be grilled, and never eaten with potatoes or any starchy food. Every meal at which Meat is eaten should include a dish of raw salad. Any kind of cooked, non-starchy vegetables may also be eaten with Meat. Never combine Meat with starchy food of any kind, or with Milk, Fish, Eggs or Cheese.

If you want health and an enjoyable life, avoid pickled, canned, salted or potted meats. It is important to emphasise the fact that the eating of the staple foods—Meat, Potatoes, White Rice, White Bread, and all White Flour products—and the failure to take enough of green salads, fresh fruits and vegetables, will in time bring on illness.

It stands to reason that a system suffering from over-work and needing rest and recuperation is in a poor position to resist disease when it threatens. In the same way, it is merely asking for trouble when one substitutes tea, coffee, cocoa, beer, whisky, and so on, for the watery elements found in natural foods. The secretions from these unnatural foods will remain in the body, and build up toxins, again lessening the general powers of resistance to illness. In the natural foods, not only do the mineral salts build up strong tissues to resist the attacks of disease, but they also play a very important part in the elimination of waste matter from the system. The fresh fruit and succulent vegetables which contain these salts should be eaten at every meal all the year round.

In the Winter there is a natural tendency to use more of the heating foods, such as Fats, Sugars and Starches. Even when this is done, half the food consumed should consist of fresh fruits and vegetables.

## Starchy Foods

STARCHY FOODS require the most complete mastication and ensalivation of any class of food. If properly chewed, and mixed thoroughly with the saliva, they will pass quickly through the stomach, as they do not need the gastric juices. Starches are always delayed in the stomach if mixed with Proteins, Acids, or Sugars, and consequently begin to ferment, producing auto-intoxication and gaseous conditions.

When using Starchy food it is advisable to combine it with non-starchy salad vegetables to supply bulk, as such mixtures will digest more readily, and will not produce flatulence. If Starches are used carefully, they can be of great value in the diet; but on the other hand, are dangerous to health if improperly used or combined.

The over-consumption of Starches brings on a great many forms of illness. A good rule is for those over thirty-five years of age to eat Starchy foods *only once a day*.



Starch, when fried, is even more indigestible than when cooked in other ways.

The main thing is to remember that all white and refined flours are DE-NATURED, DE-VITALISED, and DEGENERATED, and therefore are of no possible good to anyone who wishes to live a healthy and vital life. Whole Wheat or Ground Wheat in any form is an ideal Starchy food. Crisp whole-meal bread or toast, and Vita Wheat are splendid as far as Starchy foods go for people over thirty-five or forty.

Foods containing a considerable amount of Starch are: the cereals, the whole-wheat products, potatoes, lentils, dried beans, dried peas, Lima beans and peanuts. All these should be eaten sparingly, but such foods as white rice, white bread, sago, pearl barley, macaroni, spaghetti, etc., should be absolutely avoided.

STARCHY FOODS may be eaten with butter and cheese; with any soup made without Meat (except Tomato Soup); with any kind of green, raw or cooked non-starchy vegetables; with sweet fruit, and occasionally with nuts. STARCHY FOODS should NOT be eaten with acid-producing foods, such as Meat and Fish, nor with acid or sub-acid fruits, nor with Sugar. For this reason Bread should definitely NOT be eaten with Jam or Sauces.

## Sugar Foods

The human body needs Sugar, but the quantity and quality of the Sugar consumed are important. The over-consumption of Sugar in any form is not good, and quickly leads to disease. White Sugar becomes a form of poison, because it is de-natured, and has been robbed of its natural constituent of Calcium, which is so necessary both for the blood and for the bones and teeth. Most of the Sugar needed by the body can be obtained in its best natural form in sweet fruits, vegetables and honey.

Porridge, Cakes and Puddings are better for health when sweetened with dried fruits, such as currants, dates

and raisins, although people suffering from nerve weakness would do better to avoid even these combinations, as they might cause a gas condition in a very sensitive stomach.

I cannot emphasise too often, that if you wish to enjoy good health, and keep free from illness, you must give up the old habit of taking White Sugar—or any sweets—to excess.

HONEY used in moderation is one of the best possible forms of sugar supply, but do not make the mistake of consuming large quantities of Honey, especially in combination with Meat, Fats, Sugars and Starches. Honey is a decidedly complex food, made up of wax, certain oils, pollen, water, mucilage, cane sugar, amino acid, and various forms of glucose. It is best eaten in the comb, but even then not too frequently. It should be avoided by those suffering with gastric trouble.

## Fat as a Food

A certain amount of Fat is necessary for the human diet, but most people eat too much, and the wrong kind, causing biliousness and digestive disturbances.

Fat is a heat-producing food, and during the warm weather should be eaten in moderation. Fats are very concentrated, and too much fat along with other staple foods, and without the balancing effect of enough fruits and vegetables, may cause that dull, tired feeling experienced during Summer.

Pure, unadulterated Olive Oil or pure Peanut Oil are the best Oils for internal use, and preferable to Cotton-seed Oil. Oil is preferable to Fat for frying, but food fried in Fat—or indeed fried food of any kind—is most indigestible; the excessive heat required for frying produces chemical changes which take the value out of the food and result in harm.

Pure Butter made from Cream combines well with food,



and is good eaten with cooked vegetables. Fat Bacon or Pork in any form is no good as a food, and least of all is it the proper food on which to start the day's work, as it requires a great deal of energy to make it digest. It should be studiously avoided by any one who wants to build and keep a live, vital and healthy body.

## Vegetables—Cooked and Uncooked

People who can grow their own vegetables are most fortunate, as they can supply their table with everything fresh from the garden. When you cannot grow your own, get them as fresh as you can.

After vegetables have been prepared, they should not stand in water, unless it is water they are to be cooked in. Very little water should be used in cooking, and salt and seasoning should be omitted. Intense heat is unnecessary when vegetables are cooked under a tight-fitting lid; the heat tends to disorganise the cell salts. The best method of all is to steam vegetables, or to cook them in a closed dish in the oven. Non-starchy vegetables combine well with any food. Canned vegetables and canned fruit should never be used when the fresh variety is obtainable.

Raw vegetable salads should be used with every Starchy meal. Tomatoes combine with any other foods except Starches. Cooked fruits and vegetables lose much of their antiseptic qualities, and are not nearly so valuable in the diet as when eaten in their natural state.

Raw vegetables should be eaten with Legumes, as Legumes are both building foods and the source of energy, and no other Starch should be eaten with them. I cannot remind you too often that the more of green vegetables a person uses in the diet, the less he will have to resort to laxatives, cathartics, blood tonics and any artificial remedies.

Some of the raw vegetables that can be used for salads and also combine well with any food are: Cabbage, Lettuce, grated Carrot, Celery, Onions, Parsley, Cucumber, Radishes, Tomatoes and Watercress.

Some of the concentrated Starches which produce heat and energy are: Sweet Potatoes cooked in their jackets, Whole-meal Bread, Cereals, Potatoes (cooked in their skins), and unpolished Rice. These combine with raw vegetables, cooked or non-starchy vegetables, and Milk and Butter. But they are not good combined with Meat, Eggs, Fish, Acid Fruit, Tomatoes, or with one another.

All fruit is better eaten in its natural state. When it is cooked, the anti-fermentic and anti-scorbutic action of the fruit is partially or completely destroyed. The fruits are more apt to ferment when this action is negated by cooking. Still worse is the result when white sugar is added to the fruit in cooking, or when the combination served is not good, such as with white bread, cereal puddings or other Starchy preparations. This is a dangerous combination, producing an acid fermentation within the digestive tract, causing acidosis and bringing on all kinds of digestive troubles.

Jams, jellies and preserves should also be omitted from the health-giving diet, as these are made with white sugar, and generally eaten with bread or other Starchy foods. If one feels that sweets are necessary, Honey would be much better. But when we get back to the normal way, the natural way, of living, we will find to our astonishment that we no longer desire these mixtures. The best sweets for general use are Dates, Raisins and Figs; they are heat and energy producers. All dried fruits that have been dried by the rays of the sun, free from chemicals, are the best to use. Avoid those which have been treated with sulphur and lime.

De-hydrated fruits and vegetables, if prepared without harmful chemicals, are the best for health next to fresh fruits and vegetables, and can be used when the latter are unobtainable.

Fresh fruit also produces the necessary heat and energy for the body; in their natural state they contain the principal food elements, namely, "fruit sugars" and "food salts." But always remember that the life and action of



these chemical elements is changed or lost when the fruit is cooked. Fresh, juicy fruits, ripened on the trees, and eaten in their natural state, are the ideal food.

When once we fully realise the value and the necessity of using fresh fruit and dried fruit as a staple article of diet, instead of considering them as luxuries, and when we feed our children on more of these valuable health foods, we will find that, as well as being a vital necessity, they are also amongst the most economical foods. Then fully half of our own and our children's ill-health problems would be avoided.

## Salt and Condiments

SALT and Condiments should not be used with food, as they are preservatives. Food should not be preserved in the body; it should be broken down and assimilated as soon as possible.

Salt used in cooking vegetables draws out the natural cell salts into the water, and thus we do not get the best value from the vegetables. When Salt is used in cooking Meat, it has a tendency to harden the fibre, making it more difficult to digest.

When taken to excess, Salt is irritating and poisonous, especially to those with weak digestions. It also destroys the natural taste of many foods.

Vinegar, Mustard, Pepper and other condiments produce hardening of the arteries, and are positively dangerous where there is high blood pressure. They irritate the stomach, often causing chronic gastritis, intestinal catarrh, and various glandular diseases, including cancer.

Salt enters the body as a mineral substance, wholly innutritious and indigestible. The vital forces react with energy to repel it, and secretions are thrown out to protect the mucous membrane of the stomach from its acrid and irritating qualities. But when Salt is eaten to excess, the stomach cannot cope with it any longer, and it simply retards all the functions of digestion.

When you are out of sorts or do not feel well, do not eat food for forty-eight hours. Few people realise that during the acute stages of a disease, the secretions of the digestive juices stop, so that food taken in at such a time cannot be digested, and works great harm. It putrefies in the stomach and intestines, forming poisons which are absorbed into the system, until finally every organ is deranged.

At such a time, take plenty of warm water. Its action tends to wash out the stomach, encourage perspiration, start a movement of the bowels, and stimulate the kidneys. Whatever portion is needed by the body is absorbed into the circulation, and causes no strain upon the vital powers.

When a person is sick, the feet should be kept warm, as there is congestion of blood to the brain; heat to the feet induces relaxation of the blood vessels and causes freer circulation of the blood. To relieve pain, place hot applications on the surface of the body nearest the seat of the pain. This can be done with a hot-water bag or hot compresses; they will work magical benefit in a very short time.

If you want a long, happy and healthy life, do not use drugs of any kind. They may give temporary relief, but will eventually cause more harm than good. It is a good thing to give the patient an internal wash-out two or three times a day. This is most important, as the cleaner the bowels, the quicker health is regained.

Another very important thing is to have plenty of sleep in as quiet a room as possible, with abundance of fresh air. These simple, commonsense rules do not seem to occur to many people. It is as natural to be well as it is to be born; yet to-day perfect health is the rarest thing in the world.

Be sure to take some corrective breathing through the nose before going to sleep. Always keep the mouth closed while sleeping, as there is a secretion of saliva flooding and cleansing the teeth and gums during the time of sleep, which helps to keep the teeth healthy.



## Summary of Diet Rules

As a summary of what I have said on Diet, I give you now some of the salient points to remember:—

Starchy Foods are better eaten not more than once a day.

Eat less Meat; replace it with Nuts and the Protein vegetables.

Eat Raw Carrots every day, if you want a good complexion, healthy blood, lustrous hair, and fine teeth and skin.

Remember that only five per cent. of life is sustained by Food, and ninety-five per cent. by Air and Water, so EAT ACCORDINGLY.

Protein should never be used with Starch.

Two kinds of Starches should not be used together.

Eat only when hungry, and not because it is meal-time.

Enjoy your food, and do not harbour disagreeable thoughts while eating.

Fruit juices, Vegetable Juices, Milk or Buttermilk should be sipped slowly, and never gulped down. They are foods as well as drinks, and need mixing with saliva in the mouth.

To get the best out of a meal, it is wiser not to eat more than two or three kinds of food at the same meal.

Fruit is better eaten alone, to allow its vibratory force to exert its full potency.

Combine all Foods that are correct together from the standpoint of Physiological Chemistry.

Prepare foods that will be easily digested and assimilated by yourself, not those suited to other people. You should know your own body better than anyone else.

Supply at the different meals of the day all the elements necessary for the upbuilding and strengthening of the body.

Eat only ENOUGH of the foods that give health and vitality, so that your digestive organs are not overworked.

Remember that Starches need to be well masticated.

Beverages—liquids of all sorts—should be taken half an hour before meals, or an hour after, but NOT with meals.

It is better not to eat between meals. If you feel the need of some nourishment, take a warm drink.

Three meals of the right foods is all anyone needs. For myself, I find two meals is all I can take care of, with plenty of liquid and juices in between.

Never eat while mentally disturbed, worried, angry, tired or upset in any way. Relax before eating, especially if tired.

Do not eat Meat in the hot weather more than once or twice a week, but use plenty of salad vegetables, especially those grown above ground.

Eat more of the juicy fruits; they keep the blood healthy. But never combine them with Starch.

### Specimen Menu for One Week

Here is a Specimen Menu for one week, taken from my own mode of living. Anyone who follows this will find life and vitality coming back, and they will take on a new lease of life.

#### SUNDAY:

BREAKFAST: 1 Large Orange; 5 ounces of Prunes or other dried fruit, not cooked, but soaked over-night; any other fruit in season.

LUNCH: Combination Salad, made from vegetables in season (not more than three or four); Salad Dressing made with lemon, not vinegar. Two slices of wholemeal toast or bread and butter.

DINNER: String Beans, steamed Onions or other vegetables in season; Nut Loaf; Salad of raw vegetables; Salad Dressing; Dessert—Raisins, Dates or Figs.



## MONDAY:

BREAKFAST: Yolks of two eggs beaten up in Orange Juice; eat slowly; do not drink it. If you want anything more, eat one kind of fresh fruit in season.

LUNCH: Vegetable Broth, made from carrots, celery, parsley, spinach or silver beet; some tomatoes and onions; no starchy rice or starchy food to thicken. Salad of celery and more grated carrots or any other raw vegetable. Salad dressing.

DINNER: Baked Potato (in skin), with butter. Steamed Spinach, Cauliflower, or other vegetable. Salad of Tomatoes and Lettuce. Dessert: Baked Apple or other fruit.

## TUESDAY:

BREAKFAST: Fruit in season.

LUNCH: Onion and Celery Soup, no thickening. Salad of grated cabbage (raw) and grated carrots; some ground-up Nuts; other vegetables in season.

DINNER: Steamed unpolished Rice; string Beans and Carrots; Salad of Lettuce, Celery and Apple; Salad Dressing. Dessert: Dried or Fresh Fruit.

## WEDNESDAY:

BREAKFAST: Baked Apple or Fresh Fruit; Ground-up Nuts.

LUNCH: Vegetable Soup; Cottage Cheese; Raw Salad.

DINNER: Steamed Lima Beans, Cauliflower and Onions; salad of grated Celery, Apple and Lettuce; Salad Dressing.

## THURSDAY:

BREAKFAST: Wholemeal Porridge eaten with a little cream or butter, or very little milk; fresh fruit.

LUNCH: Tomato Soup, thickened with a little milk (no Starch); Combination Salad and Dressing.

DINNER: Nut Loaf; Spinach, Onions or other vegetables; Raw Salad of grated Cabbage and grated carrots; Salad Dressing. Dessert: Dried Fruit.

## FRIDAY:

BREAKFAST: Fresh Fruit.

LUNCH: Celery Soup; no starchy thickening; Salad of grated Carrots, Lettuce and Cucumber; Wholemeal or Rye Bread or Toast.

DINNER: Steamed Lentils, Asparagus and Turnips or other vegetables; Salad of grated Cabbage, Celery and Onions. Dessert: Fresh Fruit.

## SATURDAY:

BREAKFAST: Fresh Fruit in season.

LUNCH: Vegetable Soup; Salad of Lettuce, Apple and Celery; Salad Dressing; Vita Wheat Crispbread, or Wholemeal Bread or Toast.

DINNER: Nut Loaf; Steamed Peas, Celery, Onions; Salad of grated Carrots, Lettuce, Radishes; Salad Dressing. Dessert: Fresh Fruit.

The above Menus are for those who are wanting to build up their bodies, and gain health, strength and vitality, and live long. Especially are they intended for those over forty years of age.

Those who still cherish the idea that they need Meat twice a day, or for their dinner, may leave out the items in that meal that contain Protein or Starch, and have a boiled or grilled chop,, or a steamed or baked rabbit, poultry, fish, or baked lamb or mutton.



## CHAPTER V. (A)

### THE LIFE-GIVING PROPERTIES OF WATER

The body is composed of 75 per cent. of water. Every action of the body uses up fluid. The perspiration works through the skin, which throws off poisons in this way. If we do not keep the skin in good condition, and perspiring properly, the fluids of the kidneys do not function properly. Then our blood, the most important fluid in the body, suffers. The blood is kept in good condition according to the amount and quality of the fluids we take in.

People who suffer with high blood-pressure are those who do not get enough of the right kind of liquids into their bodies.

Constipation is another disease that would quickly disappear if people took a requisite supply of Water, Fruit Juices, and the juices of fresh vegetables. There is hardly any function of the body that does not need plenty of liquid to help it do its work.

The average person needs ONE GLASS OF WATER DAILY to every fifteen pounds of the body's weight. I explained before, in my chapter on fasting, how the transverse colon is assisted by the cleansing flow of Colonic Irrigation, or the use of an enema. So you will realise that the cleaner we can keep the body internally by the use of Water, the better is our chance of living long and healthy lives.

The use of Water *externally* in the cure of disease is one of the oldest forms of natural healing, and marvellous results have been accomplished by it.

## German Water Treatments

In the year 1927, while I was in Europe, I went to Germany to study some of their Nature Cures. I had the opportunity of observing the work done in two of the largest Sanatoria in Dresden. The different Water treatments were producing marvellous results in the various diseases treated. I will give you the details of a few of these that I have found very beneficial.

### Friction Bath

Take a damp cloth and moisten the skin all over. Then take a rough, dry towel, or a body-brush, and give the skin a thorough rubbing from head to foot, till the skin glows pink all over, and begins to tingle. Do not go too hard at it the first time; when the skin gets used to the friction, you can make it stronger. Use the towel or brush briskly backwards and forwards on every part of the body. It should only take a minute or two. If this is done regularly, one is assured of a healthy skin, as it increases the activity of the cells, and of all the functional processes lying at or near the surface of the body.

### Cold Sitz Bath

Another bath with which I have had remarkable success is the Cold Sitz Bath. This I have found very valuable in building up the vitality and general functioning of the important organs of the lower half of the body. It hardens and strengthens the tissues, and builds up the nerves. All the lower organs, which are so vital to health, are invigorated, and it greatly assists the movements of the Bowels.

An ordinary bath or a hip bath can be used. But the best way is to have a tub or small bath big enough to sit in, with enough cold water in to reach as far as the navel. About four inches of water is sufficient. Then rub the lower part of the body all around the vital organs and the abdomen briskly with your hands, or with a coarse towel. Then without stopping rub the entire abdomen



from the navel downwards, and across. When the bath is first taken, five to ten minutes is all that is required; later, it should be continued till the body is cooled down, and can go on as long as the person enjoys it.

It is very important while taking this apparently simple bath to KEEP THE LEGS AND FEET and the exposed upper part of the body, WARM. The feet, which hang over the edge of the tub, should be resting in a basin of warm water, and the shoulders should be wrapped in a blanket. The reason for this is, that the blood is drawn to the part of the body being exercised in the cold water, and the other parts may suffer for want of the warm blood.

After the Sitz Bath the body must immediately be warmed again; this is best done by exercise; but if the patient is delicate, he or she should be put to bed and well covered up.

The reason why these particular baths bring about such a marked improvement is because the part of the body being treated is full of important nerve terminals. Many of the spinal nerves branch out into these lower organs, and thus, owing to their connection with the brain, are able to exert an influence over the whole nervous system. It is only from the vital organs that the entire nervous system can be influenced.

By the action of this bath, not only is the morbid internal heat of the body diminished, but there is also a marked invigoration of the nerves. Thus the whole body, down to its minutest part, is stimulated.

I have found these baths—together with corrective breathing, and the use of natural diet—form the best possible means of improving the worst cases of Indigestion within a shorter time than any other remedy. And, needless to say, they do their work without the aid of drugs, serums, or operations, in a perfectly natural way. Disease arises by reason of increased temperature beyond the normal heat of the body, and can only be dispersed if the opposite condition is produced, that is, by the continual cooling and reduction of the excessive internal heat. If properly taken,

these baths are certain to increase the vitality of the entire body, unless the nerve connections have been interrupted or interfered with.

One instance of the good results of this Sitz Bath in the case of Influenza patients comes to mind; it was at the same time a very amusing experience. I was lecturing and holding Classes in South Africa, and one of my devoted listeners, who fell ill with 'flu, tried this treatment on herself, her husband and her six children, who all contracted the illness. She dragged in the tub and got everything ready while all the rest of the family lay in bed. First she took her own bath; but she was too weak and sick to take the trouble of changing the water, so she bundled the six children, one after another, into the same water, and lastly, her husband. In spite of this unhygienic proceeding, every one of the family made a quick recovery!

### Wet Compresses

Wet Compresses, or Wet Packs, are a very simple, yet a very effective method, of reducing fevers or inflammations of any kind. The way to get the best results from these is to wring out a small towel or piece of linen material in cold water, wrap this two or three times around the affected parts, and cover with a big thick towel or flannel, fastening it firmly with a safety-pin. These compresses are generally left on all night. In the case of fevers, they can be renewed several times a day for an hour or so.

The patients who were given Compresses in the Sanatorium in Germany were rolled in wet sheets, the whole body from the neck down. Hot water-bags were applied to their feet, and they were left in these compresses all night. Marvellous results were being obtained from this treatment while I was there.

Like most Nature Cures, this method has the merit (or de-merit) of being of old-fashioned origin. My own Mother, who was a great believer in natural methods, whenever she had a touch of Rheumatism or was out of sorts in any way, would wet half a sheet and roll it all



around her body, keeping the dry part for the outside wrapping. She would stay in the sheet all night, and she has often told me how marvellously well she felt afterwards.

### **Epsom Salts Sponge Bath**

This method of bathing was found by a lady partner who worked with me in Los Angeles, the ideal bath for a delicate person who feared the cold. Stand with the feet in a basin of comfortably warm water, having in front of you a large bowl of cold water in which Epsom Salts have been dissolved. Sponge all over with the cold water, while still standing in the warm. This is simple, invigorating, but not as drastic as some of the other baths.

Of course, the ideal strictly NATURAL BATH is the sea-bath. In the glorious sunshine and fresh air of our beaches, the play of the salt water, holding in solution so many valuable chemicals, can not be surpassed as a health medium. This has been dealt with elsewhere under the heading of "Sunlight and Sun-baking."

### **Champion Combination Bath**

Now I will give you the story of a champion invention of my own, which I undertook more in the nature of an experiment. It was several years ago, while I was living in a hotel in California, and I had my own private bathroom. I knew the value of Water, internally and externally, so I decided that I would stay in the bath all night.

At ten o'clock at night, when I was all ready for bed, I filled the bath with warm water, put in two pounds of Salt, and lay in the water for two hours. As the water became cold, I let the warm water run in, and let the salt water run out. I filled the bath again with warm water, and this time I cut up and put in a dozen lemons, and amused myself by rubbing the inside of the skins on my own skin. I stayed in the lemon bath for two hours. I was amazed at the poison that came from my body, as I had thought I was perfectly clean when I went into the bath.

I let the lemon bath out, and filled the bath again with fresh warm water, and this time I put in five pounds of Epsom Salts. Again I stayed in this bath for two hours. After letting it out and filling up again, I next put a pound of Sulphur in the water, and again stayed in for two hours. Again letting that water out, I filled the bath again, and this time I put in two pounds of Rock Salt. I stayed in that water for two hours.

Once again I let all that water run out, and filled the bath again with warm water, dissolving in it two pounds of Bi-carbonate of Soda. I stayed in that for another two hours.

That made a total of twelve hours that I was in the bath altogether, from 10 o'clock at night till ten o'clock the next morning. At 10 a.m. I got out and dressed, and worked hard all day, and have never felt so well in all my life. Not having had much sleep, except for a few short dozes in between changing the water, I slept like a top the next night. For days afterwards I felt as if I was walking on air; it seemed as if all the discordant elements had completely vanished from my body.

I would not advise anyone, however, to undertake this drastic type of treatment without supervision, as the resisting power of different persons varies a great deal. Everything in the nature of healing should be done, like all Nature's methods, by degrees.

The Sitz Baths and the different kinds of wet pads and compresses may be used with great success by all types of patients. I have also used Foam Baths, and in Germany and America have had much experience in electric baths, and in electrified water. Taken all round, my suggestion for a healthy body and a happy life is to learn a little about the **VALUE OF WATER**, both internally and externally.



## CHAPTER V. (B)

### Value of Sunlight and Sun Baths

Along with the value of Water as a rejuvenating treatment, we may also consider the fascinating subject of Heliotherapy—the science of Sun treatment.

An old proverb says: "Where the sun does not enter, there the physician enters." Sunlight and air are most important in the preservation of health; we find that in places where the sunshine cannot enter, there is always the highest percentage of mortality.

A frequent exposure of the body by giving it a sun bath will produce an even distribution of the blood, and so keep the physiological functions perfect. As a result of insufficiency of sunlight, the fibrine and red corpuscles of the blood become diminished in quantity, and the serum, or watery portion of the blood, increases, causing impoverished and disordered states of the blood. A sufficiency of the sun's rays forms the best germicide known.

### How to Take Sun Baths

In taking a sun bath, one should start with not more than fifteen to twenty minutes at a time, on the back and front of the body. This can be increased as the skin becomes gradually used to the rays. Between 10 a.m. and 3 p.m. is the best time to take it.

When people expose their bodies recklessly to the sunshine, as they often do on the beaches in the Summer-time, a great deal of harm may be done. By exposing themselves too long at a time, without previous hardening,

the pigment of the skin has not had time to form a protection. But properly used, the rays of the sun help to disintegrate the poisons in the body, by slightly raising the temperature of the blood and the tissues.

After a sun bath, a cooling Friction, Hip, or Sitz Bath, as described earlier, should be taken, to carry off the waste matter and perspiration which has been thrown off.

## Ultra-Violet Rays

The sun is continuously giving off an enormous amount of energy. This is transmitted by radiation, or wavelengths. These rays extend from the Ultra-Violet down through subtle gradations to the Infra-Red Rays.

The Ultra-Violet Rays have very little heating capacity, but are powerful in producing chemical changes in the blood, and in killing minute living cells, such as germs. These are the rays which supply energy to the green chlorophyll of plants, on which all life depends. By the action of the Ultra-Violet Rays fruit and vegetables are able to manufacture Vitamin D. The only direct way of obtaining Vitamin D in the human body and in plant life is from sunlight, so it is obvious that any plant or person deprived of sunlight for any length of time will not have the requisite energy for health, and will soon become ill and die.

Vegetables and fruits which grow above the ground and are fully exposed to the sun's rays have therefore a greater food value than those that grow under the ground.

Vitamin D keeps the muscles, joints, bones and teeth healthy, eliminates body wastes, and rebuilds the cells. Children whose Vitamin D and sunshine intake is lacking, develop rickets, become bow-legged and knock-kneed, and often suffer from constipation and insomnia. Their growth is stunted, and they are liable to fits and convulsions.

The Ultra-Violet Rays also act on a substance in the



cells of the skin called *ergosterol*, which enables us to absorb the Vitamin D from the sun's rays, through the skin. Artificial Ultra-Violet Rays are largely used in the prevention and treatment of rickets and other such ailments of children.

## Special Glass for Ultra-Violet Rays

Ultra-Violet Rays are especially abundant in light from a blue sky.

When the rays of the sun are received indoors through windows, in America there is a special glass manufactured that allows the Ultra-Violet Rays to pass through it, so that people can take the sun-treatment in their own homes. These rays can pass through pure quartz, but not through the ordinary glass windows used in most homes to-day.

When I was living in Los Angeles, California, I had the pleasure of visiting a new house, by the invitation of a Nature Cure Doctor, who had built his home specially for sunlight treatment. The whole of one side of the house, where the most sunlight fell, was built of this specially manufactured glass, so that his patients were easily able to absorb the Ultra-Violet Rays. I believe that there will come a time when all houses will be provided with this special glass, and thus people will have a chance of becoming healthier, even if they have to spend much time indoors.

## Infra-Red Rays

The visible rays of the sun act on the retina to produce Vision. They have also considerable heating power, particularly towards the red end of the spectrum. The Infra-Red Rays, which, although invisible, are abundant in sunlight, produce heat, and can penetrate deeply through the skin and tissues. That is why people instinctively expose themselves to the sun's rays, but when this is done to excess, they receive too much heat, amounting to a burn on the outer surface.

## Development of Heliotherapy

The first Hospital in Britain for the complete open-air treatment of surgical Tuberculosis was the Baschurch Hospital, founded by Dame Agnes Hunt in 1902. Heliotherapy, or Sun Treatment, was first used by Dr. Rollier, who used general sunlight baths in 1903.

Artificial Light treatment was started by Tuiseri, a Dane, in 1894.

The use of Infra-Red Rays has been introduced more recently in the form of light cabinets, where the patient is placed, or the Infra-Red Rays are directed by radiation on to different parts of the body.

Heliotherapy may be regarded as an Open-air Therapy, plus the production of a superficial hyperaemia. It produces a rise in the metabolism and a surface hyperaemia, with a flow of lymph through ulcers and discharging sinuses, and then completes the formation of Vitamin D through the action of the sun rays on the ergosterol in the skin. It is especially helpful for surgical Tuberculosis and rheumatic diseases.

Some marvellous results have been obtained from Ultra-Violet and Carbon arc-lamps, which have been used in the healing of ulcers, superficial sinus trouble, and abnormal skin conditions, such as Eczema, Psoriasis, and other skin diseases. It is believed to increase for a time the germ-destroying power of the blood. It also acts as a general tonic in debility and during convalescence.

The Infra-Red Rays are used in the treatment of chronic rheumatic conditions, fibrositis, rheumatoid arthritis, neuralgia, sciatica and lumbago.

It cannot be too emphatically stressed that the more sunlight people can introduce into their homes and hospitals, the better for all concerned. Sunlight does nothing but good; it is good for mind and body alike. Artificial sunlight lamps are often used to take the place of real sunshine,



and their therapeutic value is inestimable, especially in England, where the frequent foggy conditions make it difficult to get direct sunshine. But wherever possible to obtain, the real sunlight is, of course, preferable.

Sun baths, combined with the use of correct diet, vitalic breathing, and the proper use of Water, are the most important remedial methods we have for regaining health; there is nothing else that will attain such beneficial results. In cases of chronic diseases, there is nothing so effective, and at the same time so mild a remedial agent as the sun bath for getting rid of waste products or foreign matter.

Putting the whole matter in a nutshell, our existence on this earth depends upon the alternate action of sun, water, air and earth. Fruit, vegetables, plants and trees can only thrive if they receive all these elements. They must be fed by the Air, the Sun, Water and the Earth. As soon as these factors of life are partly or wholly withdrawn, the tree or plant becomes stunted or fades and dies. It is exactly the same with human beings and all other forms of life.

Unfortunately, many people avoid sunshine and water more than is good for them. The body thus becomes effeminate, and a disposition to disease is the result. A healthy person can bear the heat of the sun without harmful effects; the diseased or sickly person instinctively avoids it because it causes a feeling of uneasiness. The rapid movement of poisonous matter within the body, caused by exposure to the sun, may in their case cause headache, giddiness or lassitude, if the secretory organs are too weak. These symptoms are a sure indication that poisons are being stirred up and dispersed.

The water baths, already described in the section on the Value of Water, have a wonderful curative effect used in connection with the sun baths.

One should always cover the head when having a sun bath, as the action of the sun on the head may be injurious.

From experience in my own case and in treating others, I have found the very best dispersive action for removing poisons is gained if the sunshine filters through green leaves. By placing large green leaves over the body and lying in the sun, very great benefits have occurred.

Sun baths and all the other remedial agencies of Nature will be found of extraordinary value when combined with *colour*. I shall deal with the subject of Colour Treatment at the end of this chapter, as it is so important and interesting. Sunlight, if filtered through suitable colour mediums, conveys a maximum of its healing qualities to the patient. Pure sunlight is, however, far more desirable than Colour alone, as in the sun's rays we get all colours and all potencies combined.

As I reminded you before, it is the sun which enables the grass to grow, the vegetables to flourish, the fruit to ripen, so that all mankind can have food. So that sunlight is the most powerful healing force known to man. Far safer, more effective and more enduring than any other constructive force, it is the great Giver and Creator of life, the originator of all we see, and the bounteous distributor of its healing forces into every atom of manifestation.

The only known element which transcends sunlight in fineness is the invisible magnetic radiation of a highly-organised brain. These mental radiations can penetrate all matter, and have the power to re-charge every tiny cell of this matter with electric energy.

As I have mentioned in the chapter on Colour, Water has the power to absorb more of the healing elements of sunlight than anything else. When charged with certain colours for internal healing, it is very beneficial. The water is put into coloured bottles, and allowed to remain in the sun. The rays of the sun on the coloured bottles recharge the water with the corresponding colour, and the patient drinks the water, thus charged with sunshine and colour, several times a day.



I have a letter in my trunk from a man patient whom I treated in America. He was discharged from the Los Angeles Hospital as incurable, and came to me. I have a roof at my rooms where I can give my patients sun baths. So every day, when he came for a treatment, he was taken to the roof. At first his body was exposed to the sunlight for short intervals only; gradually the time was increased until he could lie for an hour or an hour and a half in the sun. After two months of this sun-ray treatment, combined with Colour Therapy and the use of plenty of fruits and vegetables in his diet, he regained perfect health. After being given up by so many specialists, he says in his letter he thinks me a "Miracle Worker." But I know that his restoration was wholly due to the natural methods used, especially the sun baths and the Colour treatment. The complete result was due to the complete faithfulness to the laws of Nature. Nature will never fail you!

## CHAPTER VI.

### REJUVENATION THROUGH COLOUR

The study of colour is most fascinating, and proves itself an exceedingly profitable study if its principles and laws are intelligently applied. Great marvels will soon be discovered through the increased understanding of Vibration and Colour-Vibration. Every colour has its own vibration. We must look below the plane of electricity to discover the subtle vibrations of colour.

The Rainbow is the universal symbol of colour. Someone has said:

"My heart leaps up when I behold  
A rainbow in the sky."

There in its scintillating beauty, exquisitely arranged, is revealed the heavenly arch of colour. For untold ages, at frequent intervals, the rainbow's span has appeared in the sky. From the study of the rainbow we discover some mighty facts about colour and colour-vibrations.

#### The Healing Power of Colour

The tremendous healing power of colour has existed since the beginning of time, but we have so far lacked the knowledge and understanding of its value, and of the various methods we can use to heal and re-vitalise the body, calm the mind, and balance the emotions, and so bring about a perfect harmony between the physical, mental and spiritual natures.

At a time like the present, when the world is in a turmoil, and people's nervous systems are overtaxed, colour



could be used scientifically, so that disturbed minds and overstrained nerves could be calmed, and the uncertainties of life met with confidence and courage.

The sun reflects all the seven colours of the Spectrum; so we find that the food we eat represents an original colour which has been absorbed from the sun. Also the body transforms the various colour rays of the sun into blood by our breathing and our food, which through the action of the solar plexus is again transformed into other vibratory forces which build bone and the different structures of the body, as well as being transformed into a series of electrical vibrations, which enable us to see, hear, smell, taste and touch.

### Magical Influence of Colour

Colour, if properly understood and used, can change the disposition, affect the character, and cure disease. It re-establishes the required balance of electrical vibrations in the body, and brings harmony to the whole system.

We are attracted to the colour our systems need at the time, so we should surround ourselves and select our clothing with the colour that appeals to us. We may want to change our colour to some other colour, as soon as our body changes to the required vibratory force it may need. We should learn to choose and use colours scientifically, because of the benefit to our health, and the vital importance they bear on happiness and success. We should find out what colours are most suitable to our appearance and our well-being, and try to gain a scientific understanding of colour, in order to keep ourselves in harmony and peace.

The colour of the clothes we wear has a great deal to do with our health and our moods. The correct colour scheme in the furnishing of homes, offices and places of business, is most important, as colours affect the delicate mechanism of the nervous system, and they can either pull it down or build it up.

As a general rule, RED, YELLOW and ORANGE warm, excite and cheer us. They put us into the mood to go and enjoy ourselves. Manufacturers of food have observed that people instinctively prefer food that is appetising in the red, yellow and orange colours.

The National Broadcasting Company of America, some years ago, had the walls of several of their studios coloured with a *blue* tone, as they found that this colour scheme had a tendency to quieten the nerves of people who were broadcasting for the first time; it helped to eliminate stage fright.

The manufacturers of an American passenger plane recently designed the interiors of their planes in a pale green colour, which had been found to eliminate air sickness.

### Colour in Clothing

The colour of our clothes has a great effect on our feeling the heat or the cold. Black absorbs the light waves, but white reflects them, and makes us feel cool and comfortable. The light blues and greens are ideal for hot weather. The colours we wear also modify to a certain extent our complexion and the colour of our hair and eyes. To be a sensation at a party, it has been found that a combination of blue and crimson makes a startling contrast.

### Colour in Daily Life

In our daily life colour plays a tremendous part. There is nothing that can equal colour in its instantaneous power to exhilarate or depress. Once you recognise its powerful force you will realise its value, and it will help you towards success.

Colour is a force with accurately measured wave-lengths, and travels with the speed of light. Each colour has a different wave-length, and as we change the wave-length in our body, so we change the colour; and as the colour that



emanates from our body changes, it affects our physical, mental and emotional vibrations, and thus our whole life.

Every colour has a different effect on the body. As I mentioned above, red, yellow and orange tend generally to excitement, and green, blue and violet have a cooling, calming and soothing effect. Certain colours increase circulation, accelerate the heart, and often raise the blood pressure, while others will act in a totally opposite way.

### Special Colour Cures

While I was practising in Los Angeles in California, I used a great deal of Colour Therapy on my patients, with most marvellous results. I had a spectro-chrome therapy apparatus. The patients were put in a room from which all light was excluded, and then treated with the colour suitable to their particular needs. Just to mention one instance: a patient was cured of ex-ophthalmic goitre. She was very thin, and was rapidly losing weight, and her heart was in a very serious condition.

For ten minutes every day I used the colour Magenta over her heart, and Indigo over the goitre. I put her on the correct diet, taught her how to live properly, and in two months the goitre had completely gone, the heart had improved wonderfully, and she was putting on weight. Because of the success I had with this patient, I was sent no fewer than twenty-eight of her relations to get back to health, from a grandfather of over eighty down to a grand-child of four years old, whom I was able to prevent from having his tonsils taken out.

I can say confidently, therefore, that I know something about the use of colour in curing disease. My belief is that the body, being a vibration of colour, when it becomes sick or out of order, it means that the colour vibration has been lowered, and to bring it back to its normal health again, we must *feed it with the colour that it needs*, not only with direct treatment, but also in the way of food, furnishings, clothes and general surroundings that will raise the colour vibration.

## Methods of Treatment

When treating a patient with colour the body and mind should both be completely relaxed. A sick body is very much like a run-down battery, and with the use of colour we are able to re-charge the battery—the etheric body—with the electrical colour vibration, and thus bring about perfect balance and harmony. When people are sick, they are really out of balance, or out of harmony.

The etheric body has its own rate of vibration, whose speed and amplitude can be increased or decreased through the use of colour. Each colour has a different wave-length; as the wave-lengths change, so the colours change; thus, as we change the colours, we change the effect upon the physical, mental and emotional body—in fact, upon the human matrix, the etheric body.

In the case of sickness, it is the etheric body whose colour combinations are out of order, and as we supply the etheric body with the required colours to re-charge the system, we bring about perfect balance and harmony. When we have accomplished this, the harmony will automatically be reproduced in the physical body.

It is important to remember this scientific fact. It is not the physical body which benefits *directly* by using colour, but it is the etheric body which is being treated and brought into harmony, so that it can balance the other bodies, including the physical, and thus bring about perfection.

The best and quickest results are achieved by focussing the colour rays upon the bare skin. I have also found that an electric cabinet, in which the patient sits or lies with the different-coloured electric lights playing upon him, supplies the required colour vibrations, and also produces sufficient heat to force all impurities out of the body. After these colour baths the patient is perfectly refreshed, instead of being tired and exhausted as is so often the case after a Turkish steam-bath.



## Homes and Hospitals Benefit

The simplest method for the patient to apply the colour treatment in his own home is by means of direct colour schemes and decoration. Coloured electric light globes are also beneficial.

After the World War of 1918 colour treatment was used a great deal in different parts of the world to heal the wounded soldiers and those suffering from shell-shock and nervous disorders. I remember visiting one sanatorium, where every room was painted in a different colour, and the nurses, instead of wearing white uniforms, wore the colour that was most necessary for the recovery of their patients. Whatever the cause of the disease any patient was suffering from, he was placed in the room coloured to get the quickest and best results in his recovery.

## Colour in Water

For many years I have been teaching students and patients how to re-charge their drinking water with colour. This is a very valuable treatment. For example, water that is put into RED bottles, and put outside to get the sun's rays, will contain all the blood-building elements of the sunlight, and is a good blood builder when drunk regularly. For people suffering from Anaemia it is more beneficial than any blood tonic.

Water that has been charged in the sunlight in YELLOW or AMBER bottles will be found to stimulate the liver, kidneys, bowels and pancreas. It is a most effective laxative, besides helping to tone up the system generally, and many cases of chronic constipation have been completely cured by its use, when all other methods have failed. It is also very useful in an enema, in cases where the intestinal muscles are dormant.

Water charged with sunlight in BLUE bottles I have found very effective as an astringent, and in cases of Diarrhoea, Dysentery, and even Cholera, when all other methods

have failed. It is also most beneficial in cases of Gastritis, Colic, internal Inflammation, and Flatulency. It has even been used for Cancer of the stomach, in its early stages.

Water charged in blue bottles is a great antiseptic, and a wonderful gargle for cancerous mouths and malignant sore throats. I believe there is no better wash for inflamed eyes, burns, wounds, chapped hands, dandruff and falling-out hair. It makes a fine face-wash, restoring softness to the skin. As a douche for women when the vital organs are inflamed, it is invaluable.

Every one should procure half a dozen of these blue bottles from the wholesale chemists, and charge one every day, so as to have one always ready in case of emergency.

## Colour in Clothing

When we understand the power of colour, we will find that we have the ability to use the different colours at any time, or for any condition necessary. By this understanding we can bring about healing of any disease, harmony in the daily life, peace and success and abundance at all times.

School teachers should study this subject more deeply. They would then realise that the colours of their clothing play a very important part in the effect they have on the children under their care. Children are most observing, and very easily influenced by the style and colours worn by their teachers. All abnormal tendencies should be checked and changed. Solid black should NOT be worn; it is depressing to every one. But its dead monotony could be relieved by touches of old rose, white, or some other light colour.

Not only teachers, but all women everywhere, should study the effects of colour. It belongs to the subtler side of life, and, therefore, is especially applicable to women. The vibrations emanating from the colours they wear exert a more powerful influence upon themselves and



others than they realise or suspect. Colour Science is becoming more and more advanced every year, and many people are beginning to realise the powerful effect of colour either towards depression or uplift.

In choosing colours to wear, the first consideration should be the colour of one's eyes and hair. Learn to avoid disharmony of colour in your clothing, just as you would avoid discords in music. In the future, the well-dressed (because well-informed) woman will apply her knowledge of colour harmony to every article of clothing she wears. Even the tints and shades of her under-things will be selected with care, as she will understand the vital influence of garments in close connection with her skin.

### Colour in Men's Clothes

The influence of colour in men's clothing is also important. Many middle-aged or elderly men wear dark-grey, but this is a mistake, as grey gives forth a weak vibration and has a depressing influence. They should wear light or medium shades of mixed greys, tans and home-spuns. No lowering vibration has been felt from the extensive use of tans; they are perfectly good to wear.

In hot weather and in hot climates, the best wear for men is of Pongee and Tussock silks. They are light in weight, serviceable, cool and comfortable, and good for health because of being porous and thus admitting sunlight and air to the body. For business wear, men would do well to turn to medium dark greens and blues with a light stripe.

Some years ago an article appeared in the "New York Sun," as follows:—

Newcastle, England.—"The fig-leaf should be the emblem of the tailors," Sir Nicholas Gratrow Doyle told the Merchants' Tailors' Federation, "because it was the origin of their existence." Sir Nicholas deplored the barring of bright-coloured clothing for men, and suggested the proper attire for gentlemen should be: a scarlet coat, a canary waistcoat, blue trousers, and green shoes.

This may be an extreme taste according to our ideas, but at any rate it is true generally that the more advanced the comprehension of colour, the wider is the culture of that country. India holds the first rank for colour-sense. China, Northern Africa and Persia come next. Egypt, Japan, Italy, Holland and France come before America. And, according to Beatrice Irwin, the noted English colourist, Australia ranks last!

## Colour in the Household

Everywhere in these days we are beginning to notice the wide prevalence of colour. Mothers and wives who have to spend much time in their kitchens can to-day make their surroundings most restful and stimulating by the judicious use of colour. All the soft yellows, creams, orange, and even red colour schemes can be used in the kitchens, and the housewife will find that she is not nearly so tired and irritable in the course of her work.

Colour has even been adopted for the new automobiles, and buyers are beginning to choose them for their colour. All over the world colour is playing an increasingly important part. Coloured electric lights are being displayed in homes and stores. In Chicago when I was there a few years ago, I saw the first coloured skyscraper ever erected. They expected many more to follow.

## Effects of Colours on Specific Diseases

I will now give you in detail some of the effects of the different colours used in helping the body to regain health.

RED has a rousing and stimulating effect on the vital functions and on the metabolism of the body. It increases the temperature, quickens the action of the heart, and speeds up the circulation. It is valuable to use in chronic rheumatism, paralysis, anaemia, and physical exhaustion. It is also good in treatment for the stomach, spleen, kidneys, when these organs have become dormant and need toning up. It will supply new life and energy in a very short



time. It has also been found most helpful when people need a blood transfusion. The correct use of RED will give far better, quicker and more lasting results than any injections or serums. It is the most congenial colour for youth, as its driving power aids their ambition.

Caution must be used, however, with Red treatments, not to apply them in any inflamed, feverish or excitable condition. Nor is it wise to give them to red-haired people with ruddy complexions, as they already have an over-abundance of the red elements in their blood. In using RED for treatment, ten minutes will be found long enough.

BLUE possesses a wonderful power to cleanse, and to bring calm and peace to mind and body. Blue, Indigo and Violet are all very soothing to the system, especially where there are inflammatory or nervous conditions. BLUE helps to harmonise and balance when the blood has become too active, causing inflammation. It will also harmonise the emotions in cases of over-excitement, anger or irritability.

It has been found very valuable in internal haemorrhages; cases of haemorrhage of the lungs have been helped by from ten to twenty minutes' treatment with BLUE. It is a wonderful nerve tonic, calming and steadying nervous patients. In all disorders, it reduces hypersensitivity and nervous tension. People suffering from insomnia will also find the Blue Rays a great help. In all cases of neuralgic pains, inflamed nerves, sciatica, concussion and sunstroke, it will slow down the over-quick action of the heart.

The hair and scalp are greatly benefited by the use of the BLUE RAY. It helps to eliminate dandruff, prevents the falling out of the hair, and makes new hair grow. It increases the metabolic action in the tissues, and promotes the growth of healthy, new cells.

Ten minutes is long enough to use the BLUE RAY at a time, as if it is used too long it produces a feeling of

weariness and depression. It is not wise to use it in sluggish or dormant conditions of the organs, or where the vitality is low or the circulation poor, or when any organ is congested, or where melancholia or depression is present.

BLUE being the colour of the sky, is a sign of promise, hope and gladness. The Buddhists say: "Sapphire is conducive to peace of mind and placidity, but he who wears it must himself lead a pure life." Ellen Conroy says: "In Egypt the gods were often painted blue, to show their heavenly origin." When the Egyptian tombs were being unearthed in recent excavations, the mummies were often found draped in shrouds of blue beads.

From earliest times, BLUE was associated with Justice and Truth, and the Old Testament writers have in several places alluded to the spirituality of BLUE.

YELLOW is the colour of the sun. It gives health and vitality, and is, therefore, considered the colour of happiness. Yellow stones are said to bring joy to their owners. Amber and yellow beads have even been said to cure insanity. In China they look upon yellow as a spiritual colour.

The teachers of the Far East teach that YELLOW is the colour of wisdom, whose attributes are the power to gain understanding of the laws of life, and Nature, self-control, moderation in all things, and attention to detail. It is the most powerful ray of the Spectrum.

YELLOW is a great nerve stimulant, most beneficial in cases of melancholia and in the treatment of all stupid, lethargic, mental and physical conditions. Because it is a great eliminator and cleanser, all sluggish conditions in the liver, bowels, kidneys, spleen and pancreas respond to it readily. I have had many cases of apparently hopeless constipation cured by the use of the YELLOW RAY, in conjunction with drinking the water charged with sunlight in the YELLOW bottles. I have also known a YELLOW bandage placed over the bowels to prove very helpful in chronic cases of constipation.



In chronic eye troubles, Glaucoma, Cataract, and Paralysis of the eye muscles, YELLOW is of special value. YELLOW has also been found beneficial in the treatment for deafness.

All foliage in Nature needs this special ray; if the grass does not get the rays of the sun, it soon shrivels and loses its true shade of green. The symbolic meaning of YELLOW is Unity, because all colours emanate from the sun, and the sun, their ONE source, is YELLOW.

All the colours have a lower vibration, which occurs at the end of their scale. So the lower meaning of YELLOW is indicative of cowardice and infidelity; the colour of the fall, of decay and disintegration. It signifies a breaking apart instead of a unified whole, which is its constructive vibration.

GREEN is the colour of Nature, the vibration which soothes and relaxes the etheric body. It is the colour of strength and progress of body and mind.

In all nervous troubles I have found GREEN most valuable, as it re-charges the minute batteries of the etheric body. It acts as a sedative in cases of nervous irritability, exhaustion, sleeplessness and nervous breakdown. GREEN, I think, IS THE WONDER COLOUR OF LIFE. It has a marvellous vibration of two circles and two cross straight lines. It is the colour of plant life, of Spring and of all that is fresh, youthful and growing. No wonder, then, that it has such a calming effect on the mind, nerves and physiological functions. With nervous heart conditions it is especially valuable, because it helps to establish an even rhythm in a short time.

Because of its soothing qualities, GREEN helps inflamed stomachs and livers. It also reduces blood pressure, and is useful in all nervous disorders, neuralgia and headaches associated with blood pressure. In the treatment of shell-shock and hysteria also it is one of the best colours to use.

A wonderful fact about the GREEN RAY is that it can be used freely, and for long periods, without producing

any bad re-actions. It can be given liberally to excitable and irritable patients, also to those who suffer from jaundice or biliousness.

For inflamed or over-strained or tired eyes the GREEN RAY is very beneficial, as it regulates the blood-stream, calms the nerves, and acts as an antiseptic. It also prevents decay of the tissues and the growth of disease germs. In all cases of inflammation and pus in the eyes it can be relied on.

The Hindus say: "The EMERALD gives the gift of knowledge and memory." This beautiful shade of GREEN should be used by men and women in choosing their clothing, in preference to the lighter, yellowish green. Selections from the rich-hued greens are obtainable in all materials, and give the wearer a mystic sense of satisfaction.

It is the early morning sun that is supposed to give off the GREEN RAY. And when we look out at the panorama of green fields and trees that God has given us for our mental and physical refreshment, we realise that we would be utterly foolish not to take advantage of it. People who are under-vitalised or anaemic are better without too much of the GREEN in their surroundings or treatment, as it lowers the vibration and makes their progress slower. But all other types can indulge freely in the life-giving, calming, healing power of a "Day on the Grass."

The debased sense of GREEN, in its lower vibration, indicates jealousy and envy.

ORANGE is a combination of RED AND YELLOW. It is extremely vitalising, and supplies energy to the body, and healing to the mind. It brings balance and wisdom. We must not forget that when healing the body we are also healing the mind at the same time. The two are so interwoven that we cannot give healing to one without the other receiving the benefit. Every disease exists in the mind, as well as in the body.



ORANGE will be found a most useful colour for all chronic bronchial irritations, because of its powerful heat rays. It animates the nerves, and warms up cold, dormant, negative conditions, such as paralysed organs, and is, therefore, the best to use for these.

ORANGE is a wonderful stimulus to the emotions; it strengthens the etheric body, and gives the patient a general sense of cheerfulness and well-being. But it is better not to use it in any over-active or highly nervous conditions, such as delirium, fevers, sleeplessness, inflammations, and palpitations of the heart.

INDIGO belongs to the cooling and restful type of rays. For a highly-strung, nervous person, no colour will give such good results. It is also good for a rapidly-pulsing heart. INDIGO-BLUE will induce sleep. A light placed over the head of the bed will cause sleep to come easily, as this colour has the effect of slowing down and harmonising the brain centres and the sympathetic nervous process. INDIGO strengthens the nerves and produces calmness.

VIOLET RAYS are full of power and fascination. According to the ancient mystics, all the rays of PURPLE and VIOLET are the most powerful antiseptic colours. They kill germs, and are most suitable for the treatment of all lung troubles. VIOLET RAYS are excellent for the treatment of dyspepsia, stomach and bowel troubles, and inflamed kidneys.

In London, before the war, a Viennese colour expert was busy rejuvenating people, and making their wrinkles disappear in a few weeks, through the use of certain shades of Violet. VIOLET has also the power of increasing the activity of the vital organs, and imparts a re-vitalising and re-juvenating influence over the whole body. It removes all blemishes from the skin, and makes it smooth and soft. Hair has been known to grow on bald heads by its means. For the prevention of falling hair and dandruff the VIOLET and PURPLE RAYS are found more powerful than the BLUE.

In the treatment of mental patients, the VIOLET RAYS will soothe and calm them down in a very short time. Too much VIOLET, however, will make you depressed and miserable. It should not be used for people suffering from habitual depression; nor is it a good colour for the permanent decoration of interior rooms. Persons of low vitality, or sufferers from sleeping sickness, gout or melancholia, would only be further depressed and de-vibrated by its continual action upon them.

Now, in conclusion, I will enumerate a few valuable points worth knowing about colour.

When you wish to improve business or money conditions, wear any shade of RED or CRIMSON—NOT PINK—trimmed with ORANGE, LEMON, or YELLOW.

For the success of any venture generally, wear PURPLE or LAVENDER.

For the settlement of delayed money affairs, wear GOLD.

For promotion in business, wear RED and LAVENDER.

For advancement of mentality, wear VIOLET and LAVENDER.

To attract male friends, wear CRIMSON and PINK.

To attract female friends, wear PINK or CERISE and YELLOW.

For a quick change of business, BLACK and RED.

For the better understanding between two given people: for two males, wear LAVENDER, PALE BLUE and PINK; for two females, wear LAVENDER, CRIMSON and VIOLET; for male and female, wear PINK and CRIMSON and LAVENDER.



For the healing of water troubles, wear RED, CRIMSON and PURPLE.

For the healing of high blood pressure and kindred ailments, wear BLUE and LAVENDER.

For the healing of stomach and secretory gland troubles, wear ORANGE, LAVENDER and YELLOW.

We need a variety of colours to keep us fit and well in mind and body. In all the manifestations of Nature we see an endless variety of colours, and it is surely "up to us" to take advantage of this lavish provision, and emulate it in our own lives.

Light reflects various shades of colour or vibration. Our body is magnetic, and electricity forms the link between Mind and Matter, or rather the bridge over the division that seems to exist, yet in reality does not exist. The divisions of life are only apparent, for in the great spiritual reality all is ONE. But on this plane we must consider the body as something separate. And this magnetic body forms a magnetic field around it like that of a magnet. This is matter invisible, but it supports all other matter.

In this magnetic field there are radiations of colour, each side being different. One is positive, and the other negative, and each radiates its complementary. The right side of our body radiates YELLOW and RED, and the left side radiates BLUE MERGING into GREEN. The density of our radiations depends upon our health.

The head radiates or vibrates VIOLET and BLUE, VIOLET in the higher regions, and BLUE in the lower. Our whole system radiates in various colours. We are surrounded by this magnetic field, which picks up and discharges radiations. These are transformed in our bodies, through the nervous system and the blood-stream, by a process of chemical action. According to the strength of our minds and the health of our bodies, so these radiations vary.

All space is filled with COLOUR, vibrating at different rates, and we can so train and develop our minds that we do not need to use any outside means to absorb the colour our system requires. WE CAN ABSORB WHATEVER COLOURS WE NEED DIRECT FROM THE UNIVERSE. We can learn to select any colour we need from the Universe, and bring it into our bodies, and so fill and flood every cell and atom of our being with the healing power we need.

So far as we have gone, this is the highest, best, quickest and most powerful method known to Man of absorbing COLOUR-VIBRATION into the body.

When we once learn to use these most marvellous gifts of God, we will never again require outside help to bring about healing, harmony, peace, success and abundance, for we will fully understand and realise, at last, that we are a PART OF ALL THE MIGHTY FORCES OF THIS GLORIOUS UNIVERSE.



## CHAPTER VII.

# ENDOCRINOLOGY—THE SCIENCE OF THE GLANDS

The study of ENDOCRINOLOGY—the science dealing with our Glands and their functions—reveals that our body is a vast CHEMICAL LABORATORY. The function of the Glands is to discharge into the blood-stream certain hormones or secretions. Some of the Glands secrete quite a number of these hormones, in some cases as many as ten or more.

Of some of these Glands we have a considerable amount of knowledge. With others, the scientists and research workers have found it difficult to gather much knowledge, owing to the situation of the Glands in the body, making observation or experiments almost impossible. So with certain of them we are still working in the dark.

One thing is certain: these wonderful little Glands of ours exert an amazing control over the physical and mental processes of the body. Some people go so far as to say that we are what our Glands make us—for their function is beyond the control of the conscious mind.

Einstein, one of the world's most brilliant scientists, a man whose opinion is highly regarded, has said:

*"We can be what we wish, but we can only wish what we must. It seems to me evident that physiological factors, especially our endocrines, control our destiny. Our future is pre-determined. Without a doubt my own career also was determined beforehand by a multitude of factors over which I had no controlling power whatsoever; determined first of all by those mysterious glands wherein Nature, as*

*in a laboratory, prepares the true elixir of life; namely, the hormones, or internal secretions."*

The Glands are of two kinds: those with ducts to discharge their products into the blood, and those possessing no apparent outlet. Some years ago, when I was in America, there was a great vogue for all kinds of Gland experiments. Certain hormones from the Glands of animals were injected into human beings in order to prolong life. Although for a while these seemed to give more vitality, it was found that after a time the effect faded. There was no lasting strength imparted by the injections. Nowadays, people are beginning to realise that we cannot prolong life by injecting any kind of inorganic substance into the living organism; a new lease of life only comes from an understanding of the functions of the body and mind. We must know how all the different parts of the body are inter-related, and that each function must be built up by (a) the air we breathe; (b) the food we eat; (c) the constructive state of the emotional nature; and (d) the master part played by the Mind, as our thoughts take effect on the blood, the glands, the nervous and the digestive systems.

The secretions from the Glands have been called "hormones," from a root meaning, "to rouse or excite," because when absorbed directly into the blood-stream they excite it. Very often when the Glands are not able to function properly, and do not secrete the fluids as they should, the patient is given a chemical substance which has been produced artificially; but so far it is a matter of speculation whether these artificial substances are beneficial or harmful.

However, we can rest assured that when we supply to the body all the natural elements, the Glands will function properly, and will produce their own hormones and inject them into the blood. If the Glands secrete either too much or too little of these hormones, the health of the person, and the rhythm and balance of his body, will be affected. So intimately connected are all the different Glands, that



it is impossible for one to be injured without the rest of them being affected. The rhythm and balance of the body seem to demand that the Glands at one time exert a restraining influence upon certain organs, and at another time arouse them into activity. The more we study the interaction of the various Glands, the more complicated and amazing the bodily processes appear.

These Glands regulate the heart-beat, control the absorption of food, provide the stimulus for sudden exertion, and even govern the maternal instinct.

They also extend a wide influence over the processes of the mental plane. What has been regarded heretofore as purely psychological factors regulating the emotional nature of a person, will be found, after all, to depend rather on glandular causes: the poor functioning of the Glands is a simple fundamental reason for "complexes" and "inhibitions." In fact, many writers on this subject state that the Endocrine Glands are the connecting link between the mental and physical natures.

During childhood the glandular action is most intense, and has a far-reaching effect, as it is then that the physical and mental characteristics are in process of formation.

Every important Gland in the body has its own rich supply of blood. It is, as I have mentioned before in the chapter on Food Values, most imperative that all the organic minerals and vitamins essential to the growth and development of the body be supplied in the diet. It is an abundance of natural food in the form of fresh fruit and vegetables, that provides the power of vitalising organs so delicately adjusted. There are cases known where the Glands did not function properly in childhood, with harmful results that could not be changed or even modified in later life.

## The Thyroid Gland

The Thyroid Gland was the first Gland to be understood. It lies in the neck, and consists of two lobes

connected by a sort of isthmus. It is a comparatively large gland, measuring about two inches in length, and only one-and-a-quarter inches in width. It lies on either side of the wind-pipe.

The Thyroid is particularly important, as it regulates the metabolism of the body, and exerts a general influence on all the other endocrine Glands. Once every hour the whole volume of the blood in the body passes through the Thyroid, and the blood becomes charged with its secretions.

The Thyroid Gland secretes a very important hormone called Thyrozin, which is necessary to normal growth and development, and generally speaking, to physical and mental health. It contains Iodine in relatively large quantities, and in districts where the soil is deficient in Iodine, disease of the Thyroid Gland is common. Iodine is therefore essential to a normal life, but it cannot be supplied by an inorganic chemical, only from the fresh fruits and vegetables containing it.

The Thyroid Gland has been called the keystone of the human body; when it collapses, it will affect the whole of the organism. Certain processes of digestion, particularly those concerned with the proteins, are under the control of the Thyroid. Assimilation and elimination of foods very largely depend on its action.

When the Thyroid, along with all the other Endocrine Glands, is not sufficiently active in childhood, especially round the age of puberty, it has been established that the whole personality may be found to have changed, due to this inactivity in functioning. There is a close connection between the Thyroid and the Pituitary and Gonad Glands. During the most important stages of a woman's life—puberty, pregnancy and the menopause—the Thyroid Gland is particularly active, and any weakness in its action is apt to manifest at these periods.

### Food for the Thyroid Gland

Every Gland in the body is a chemical laboratory, and requires the proper kind of nourishment. They all have



an excellent blood supply, but it is upon the quality of this blood-supply that our health and efficiency depend. If the blood does not contain all the organic minerals, these Glands cannot function properly, and the person loses his health, and sooner or later, his life.

When the blood becomes acid in excess, the Endocrine Glands are the first to suffer, as they require plenty of the alkaline elements to keep them strong and active.

The juices of fresh fruits and raw green vegetables, with the aid of corrective breathing (as pointed out in the second chapter of this book), are the most important aids to the glandular system. Certain of the vitamins are closely connected with individual glands. Vitamin A is very important for every Gland. In deficiency diseases, due to the lack of vitamins, there is a shrinkage of one or more glands.

In order that the growth and development of childhood should progress without interference, the child should be given food rich in all the vitamins. If deprived of what is necessary for the building and repair of the growing body, some of the Glands cannot carry on the work they were intended to perform.

Besides the vitamins, each Gland seems to need certain elements to help form its secretions or hormones. The Thyroid needs Iodine for its development and also for its proper functioning. It is difficult to find foods with sufficient Iodine in them, but specially prepared seaweeds in the form of Kelp are the best sources. If people would take a small portion of Kelp, made from dried, ground seaweed, with each meal, they would find it most valuable for the healthy functioning of the Thyroid Gland, even in the most critical stages of life. Besides the Kelp, the Thyroid needs Vitamins A, C and E, contained in the Citrus fruits, grapes, carrots, alfalfa, raw egg yolk, raw milk, and agar agar.

## Para-Thyroid Glands

Four small Glands surrounding the Thyroid are known as the Para-Thyroid Glands. Each is about the size of a pea. These Glands are highly important in the body's metabolism, so much so that if they are removed, convulsions and death will invariably follow. The main function of the Para-Thyroid is to regulate the Calcium in the blood-stream and keep it at a steady level. It also supplies anti-serums to protect the body from contagious and infectious diseases. It deposits Para-Thyrum directly into the blood-stream, thus providing, when the Glands are working properly, partial or complete immunity to disease.

Para-Thyroid disturbances, due to lack of Calcium, are at the root of most of the nervous diseases which affect the human race to-day. When nutritional disturbances occur, as in the case of a child, these Glands are immediately affected, and the child's character and general behaviour are affected correspondingly.

## Foods for the Para-Thyroid Glands

These Glands need plenty of Calcium to keep them nourished. People who eat too much of the devitalised and processed foods, with an excess of white sugar and white flour products, rob the body of the Calcium needed. Thus the Para-Thyroid Glands are disturbed, and nervous diseases ensue. To get the Calcium necessary, also the Vitamins D, A, and C, use milk, cottage cheese, egg yolk, orange juice, Soya beans, watercress, cabbage, cauliflower, Pineapple Juice, figs and prunes.

## The Pituitary Gland

The Pituitary Gland, which has been called the Master Gland of the body, controls the destiny of each person to a remarkable extent. It is divided into two lobes, anterior and posterior. It is situated at the base of the



brain, and encased in a bony structure so as to give it protection from injury. It is attached to the brain by a sort of stalk or funnel of grey matter called the Infundibulum.

This Gland is no bigger than a pea, but produces more hormones than any other Gland; it governs the activity of all the other Glands, and helps to maintain the balance between them. Some of the most important functions of the body are governed by it.

The best-known hormone of the Pituitary Gland is Pituitrin, long used by the medical profession to assist the patient during the time of childbirth. The Pituitary seems to organise many activities of the body; it improves muscular action, regulates the blood-pressure, and reduces the production of urine.

From a psychological point of view it is also important. It is said to stimulate the intellectual faculties, and to be responsible for those qualities that make for genius in the higher Arts. The two lobes of this Gland possess different organs and different functions, and it is the anterior lobe, in its close connection with sections of the brain, that favours the development of the intellectual and creative abilities.

Disorders of the Pituitary lead to amazing effects. For example, the giants often exhibited at circuses are always found to possess an over-active anterior lobe. And if the Pituitary becomes under-active, dwarfism is likely to be the result.

The posterior lobe favours the development of the feminine characteristics. It is believed that certain masculine or feminine characteristics are intensified when one lobe of the Pituitary becomes over-developed at the expense of the other.

By far the most interesting phase of the Pituitary's activity, however, is its effect upon the growth and development of the body. It has been discovered that

*sleep* is controlled by the Pituitary Gland. When the secretions are deficient, as in certain diseased conditions, and in old age, the individual so affected nods off to sleep at the slightest provocation.

In fact, from the time a person is born until he passes out of life, the Pituitary Gland plays a prominent part in his system. So that anyone who keeps an open mind, and is willing to learn a few points about it, how to nourish it and keep it active, is on a fair way to happiness. Such a person will be able to keep an active and well-developed Pituitary long after the average person has given up hope. He will find that, instead of getting old and decrepit, he will attain a high degree of physical efficiency, and also that his intellectual capacity will be improved and will go on improving, accompanied by the keen joy of living which is our divine right.

### Foods for the Pituitary Gland

For the perfect working of the Pituitary it is necessary to supply it with the manganese foods. Manganese is an element especially vital for children. It is found in lettuce, watercress, and raw carrots; also in the foods rich in Vitamins B and E, viz.: wheat, nuts and egg yolk. All these provide the nourishment that the Pituitary Gland needs. You may add brown rice, cottage cheese and kelp.

### The Pineal Gland

The Pineal Gland, which is sometimes called "The Third Eye," or "The Inner Eye," still remains a mystery. Very little is really known about it. Biologists say that it is a vestigial organ, while certain metaphysicians believe it to be the seat of the soul. Some of these latter claim that it serves as an antenna, giving us a subtle sense of things that have passed, are now, and are to come. They say it sends out a radiation of light, which seems to have no limit in space for its activity; these radiations are found to have the power to ease pain, and to help people at a distance to overcome their sickness.



The Pineal Gland is in the shape of a pine cone, and is located in the back part of the mid-brain behind the Pituitary Gland. It is very small, not more than a grain of wheat in size. In some strange way this tiny Gland seems to act as a link between body and mind. Some people believe that it regulates the rate of intellectual development in different persons. They have found that by concentrating their mental power on this Gland, they become conscious of a radiation flowing from it and illumining the back brain, creating light, heat and energy, like electricity, in that part. They can then direct that light and power down the spinal cord and through the spinal nerves to the upper extremities of the thorax, then down through the abdominal region and all the pelvic organs to the lower extremities.

The Pineal Gland plays an important part during the early stages of life, particularly up to the seventh year. It holds back the development of the vital organs until puberty is reached, but stimulates normal body growth.

So far, there has not been discovered any secretion from the Pineal Gland. As a person gets old, it is claimed that the Pineal Gland gradually fills up with deposits of calcium salt called "brain sand," and at the same time shrinks in size. But we believe that this shrinkage is not normal, but due to faulty nutrition. Adequate supplies of several different vitamins are necessary to maintain the proper balance of this vital and delicate Gland. Recent scientific experiments have shown that the Pineal Gland will respond when plenty of vitamins and right combinations of food are taken in, in a remarkably short space of time. It has often been found that people who lose their memory do so because of the defective functioning of this Gland. It has been stated that this Gland, when working properly, has more to do with mental alertness, quick thinking, moving and acting, than any other Gland in the body.

### **Foods for the Pineal Gland**

The chief elements needed by the Pineal Gland are oxygen and hydrogen, potassium and sodium. These are

found in the green salad vegetables, and also in the fresh juices of fruit.

The combination of celery and pure apple juice is excellent for the Pineal Gland, and is also good for all the other Glands.

The "brain-sand" I have mentioned above has been found by some investigators coming from the brain and Pineal Gland. It is composed of calcium salt, gritty in texture and having the appearance of sand. This deposit causes hardening of the arteries, unless kept in solution by plenty of fresh fruits and vegetables. Some of the best of these are: tomatoes, melons, orange and pineapple juice. Olive oil is also very good for this Gland.

## The Adrenal Glands

The Adrenal Glands are a pair of small Glands about the size of a bean, and weighing about an eighth of an ounce. They are on the top of the kidneys. They are usually known either as the Adrenals or the Supra-renals. They have also been called "the Glands of Emergency."

If these Glands are injured, the result is extreme exhaustion and nervous debility; a severe shock also affects these Glands. Sufferers from Neurasthenia are people whose adrenal secretions have been seriously depleted by illness or worry. After Influenza, for example, or after an internal operation, acute nervous symptoms or a condition of physical exhaustion are general, caused by the non-functioning of the adrenals.

These Glands consist of two distinct parts, differing in structure as well as in functions. The inner part, or core, which is called the Medulla, secretes the adrenalin, which stimulates the heart and the nervous system. When there is not enough adrenalin being secreted, we have extreme palpitation of the heart after the least exertion, and there are often symptoms of low blood-pressure.



The two outer layers, called the Cortex, produce a secretion called Cortin, which is indispensable to life. Death inevitably follows if both Cortices are destroyed. The quantity and quality of this secretion seems to determine a person's physical strength and resistance to disease. Deficiency of Cortin causes general debility, nervous depression, and a susceptibility to infectious disorders. Physical strength and virility depend upon an adequate supply of Cortin. The man whose Adrenal Glands are well developed is strong, courageous, quick in action, and does not become quickly fatigued.

The amount of secretion from the Adrenal Glands is largely influenced by our emotional state. These secretions either stimulate or co-operate with the sympathetic nervous system, bringing about a contraction of the small blood vessels of the skin and the digestive organs. Persons in danger have been known to gain extra strength by the increased discharge of adrenal secretion into the blood-stream. Fear, worry, hatred, anger, etc., cause an abnormal amount of Adrenalin to be poured into the blood-stream, resulting in disease and often in death.

No other Gland exercises such a tremendous influence upon the general health and physical powers as the Adrenal Glands. They help to regulate the action of the Thyroid, the Pituitary and the Gonads, and supply the driving force that keeps the human machine running smoothly and without effort. When these Glands do not function properly, we have chronic disease, premature old age, and an early death. We hear of innumerable cases of heart failure after sudden exertion, such as people running to catch trains, whose deaths might more correctly be ascribed to failure of the Adrenal Glands to function.

## Foods for the Adrenal Glands

None of the Glands require more understanding and careful nourishment than the Adrenal Glands, as our physical well-being depends on their condition. Foods

that contain Vitamin C are the best to stimulate the Adrenal Glands to action. Magnesium, which is found in all fruits and vegetables, is rich in Vitamin C. These Glands also require a certain amount of Vitamins A, B and E, as found in Citrus fruits, cucumber, melon, celery, etc., and almonds and raisins.

Beware, however, of eating too much of the foods containing Protein, for the toxins from the over-supply of Protein will seriously affect the Adrenal Glands unless they are balanced by a liberal quantity of green salads and fresh fruit.

Alfalfa is a most valuable food in this connection, as it contains Silicon, which helps to repair damage to the nerves of the sympathetic system.

Any illness with a quick rise of temperature may do damage to the Adrenal Glands, and physical debility and nervous prostration will impair the adrenal tissues.

## Thymus Gland

The Thymus Gland lies just above the heart. It is most active in childhood, when it weighs about one ounce. At the age of puberty it begins to get smaller.

The work of the Thymus is not very well understood, but it is believed to play an important part in the growth of the child. It is said that it takes a part in the production of white corpuscles, helping to guard the body against infection, and also assisting in the metabolism of fat. When there is a lack of fat in the bodily tissues, the Thymus generally shows signs of atrophy.

Considerable doubt exists as to whether the Thymus Gland should be classified as a Gland, or as an internal secretion, as no hormone has been found in it, but the effect upon the Gland of certain experiments in nutrition seems to indicate that it is part of the Endocrine chain. A lack of Vitamin B will affect this Gland, as it has a remarkable control over the nutrition of the Gland.



Chlorine also exerts a tremendous influence on its normal development.

## Foods for the Thymus Gland

The Thymus needs a liberal supply of Vitamin B to make it operate efficiently in children. Vitamin B controls its nutrition, and Chlorine is the element that assists normal development.

Chlorine foods are best eaten raw. Some of the most important are: cabbage (grated), beets, turnips (also grated), cucumber and lettuce. Raw carrots and water-cress are also very valuable, as they contain sulphur, also a necessary element for the Thymus. The Thymus also needs a certain amount of easily-digested fat; egg yolk and butter have been found to be the best sources of supply in this respect. Whole grains, and nuts and raisins are also good for the Thymus, and excellent combinations of juices are: lettuce and pineapple, carrot and orange, spinach and orange.

## The Spleen

The Spleen, the chief Gland of the Lymphatic System, is one of the most important organs of the whole body. It is the largest of the ductless Glands, being about five inches long, and weighing about six ounces. It is shaped like an elongated oval, and lies just behind the cardiac of the stomach, on the left side of the abdomen.

Its chief work consists of the removal of waste matter from the blood and the tissues, aided by the other Glands that make up the lymphatic system. The white blood corpuscles, known as Lymphocytes, are manufactured in the Spleen, and it also acts as a reservoir for red blood corpuscles, a supply of which is liberated into the blood-stream when needed after a haemorrhage. It does not seem to manufacture any secretion or hormone.

It is also concerned with the distribution of worn-out red corpuscles. When the body is in a run-down, toxic condition, the Lymphatic System becomes overworked. If wrong treatment is given, by means of drugs and operations, the toxemia becomes very distressing, and the Spleen is likely to be affected'. Splenic anaemia and other troubles of the Spleen all arise from this cause. Enlarged Spleen is a result of the usual medical treatment of fevers and other acute diseases. What with the present-day living habits, and the prevailing methods of medication, there is hardly a worse-used organ in the body than this Gland. That it carries on as well as it does is only due to the innate powers of the body itself.

### **Foods for the Spleen**

When anything is wrong with the Spleen, the best remedy is FASTING AND A NATURAL DIET. The Spleen needs the sulphur foods, such as watercress, cabbage, radishes, beetroot, turnip tops, onions, carrots and cucumber. It also needs Vitamin G, found in these green vegetables. Fruit juices particularly good for the Spleen are those of pineapple and grape-fruit.

### **The Pancreas**

The Pancreas is a long, narrow Gland situated across the middle of the abdomen. It is an Endocrine Gland, as well as a digestive Gland. Embedded in its substance are small groups of cells which differ from the others. These are known as The Islets of Langerhau which produce Insulin, a secretion or hormone which converts glucose into a form usable by the cells of the body. When the Pancreas fails in its work, the blood becomes charged with excess of sugar, and Diabetes develops. The Insulin secreted by the Pancreas includes sulphur and chlorine as its most important constituents.



## Foods for the Pancreas

Diabetes responds favourably to the combination of pineapple juice and watercress or any green vegetable juice. The Pancreas needs Vitamins G, C and F; and, like the Spleen, requires all the sulphur foods. The best of these are cabbage, onions, cress, beetroot, turnip tops, carrots, cucumber, grapefruit, and the greens of all sorts.

## The Gonad Glands

The Gonad Glands are the Glands of Creation and Reproduction. In order to preserve the balance of health and life, they must be held in check. This can only be done by decreasing their stimulation and keeping control of the sex energy.

These vital Glands perform a dual function, manufacturing an internal as well as an external secretion. Physical robustness and long life depend to a great extent upon this internal secretion, so that it has been called by investigators "The Fountain of Youth."

When Voronoff carried on his gland-grafting experiments, some years ago, his object was to rejuvenate those who had grown old owing to the failure of the internal secretions of these Glands. When this experiment was first tried upon human beings, the result seemed to be in accord with the established laws of life; but though apparently successful for a time, ultimate consequences were very often fatal.

## Foods for the Gonads

Adequate supplies of iron and copper must form part of the foods for the Gonads. To keep them healthy and able to ensure a long, active life for their owner, they must also absorb Vitamin E. The best foods for the nourishment of the Gonads are: wheat and other whole grains, and brown rice, together with the green leaves of the salad

vegetables. Alfalfa, the deepest-rooted of all green plants, contains a secretion of its own which provides nourishing and life-giving elements for these Glands. Lima beans, tomatoes, raisins and garlic should also be mentioned as most valuable, along with the ever-faithful watercress and pineapple.



## CHAPTER VIII.

### NERVE-BUILDING AND RELAXATION

In this Chapter on the Nerves I want to show how to avert a nervous breakdown, and how to build up a strong, healthy nervous system.

Unfortunately, how to care for this delicate, intricate but superb nervous system of ours, upon whose efficient functioning our destinies so largely depend, is not taught in our schools. It is one of the crimes of the age that the laws governing health, happiness and successful living, for which everyone, consciously or unconsciously, is eagerly looking, should be ignored by our educators.

Some day, however, this knowledge will be a part of every school curriculum; it will not only be taught in every classroom, but it will be instilled into parents before their children reach the school age, even before the children are born. All the illuminating discoveries recently made concerning the treatment of the brain and nerves, in place of the mis-use and mis-treatment these organs receive from most people to-day, will some day be incorporated into the teaching of schools, colleges, and universities. Then, perhaps, parenthood will receive the attention it merits.

Until that happy day arrives, I want to help those who are nervous, by showing them the only sure and scientific way to regain poise and nerve-control, and thus avoid nervous prostration.

The nervous system consists of two parts: the Cerebro-Spinal System, which is under the direct control of the brain, and is responsible for all our voluntary movements

and actions, and the Sympathetic or Involuntary Nervous System, which acts without conscious thought or interference. Both these systems are intimately connected with each other, and together motivate the whole of the body, by means of nerve force or energy, which gives the nerves power of action.

Nerve force is fundamental and vital; it is the very essence of our being; it is divine and dynamic. Once we use up the supply of nerve energy, the only way to replenish it is by following the laws that govern sleep, correct breathing, food, and relaxation, as I have already pointed out in other chapters of this book.

## Laws Governing the Nervous System

The very first law that everyone should know is this: Every warning we receive that puts us on guard, and enables us to protect ourselves from disaster from our environment, comes in to us over the "incoming wires" of the nervous system. And everything we accomplish in life is done through the "outgoing wires" of that system. So that our first and foremost duty is the protecting and perfecting of this system. Nervousness is functional. All nervous complaints and every functional illness can be cured, and will be cured, just as soon as our intellect understands the cause of the trouble, and the body conforms to the principles of right living. For those principles are both mental and physical.

## Understanding Brings Hope

When you are nervous, do not think that your nerves are "out of order," "broken down," or "worn out." There is nothing whatever wrong with the nerves themselves; all your mechanism is in perfect condition. Something is wrong with YOU, certainly; something more disturbing than most doctors seem to understand or care about. But this CAN be overcome, and without hospitals, drugs, doctors, or change of scene. None of these things



help the nervous individual for long at a time, because the trouble does not lie in any of these external forces, people or places, the patient wants to rush away from or to. The trouble originates from misguided, careless attention to the laws of life, and from dwelling on every little destructive thing until it becomes a habit. Wherever we go, certain elements in our environment are bound to disturb us if we take the bad habit of diffused attention with us. A habit is like a private secretary to whom we have delegated authority. If we form constructive habits, they will become our best friends, and will accomplish anything we want. One of the world's greatest thinkers said: "The best friend any man can have is habit. He is the willing servant of anyone who will train him properly."

If you want to overcome trouble with your nerves, you must form new habits. You must be positive and definite in understanding these laws. The understanding is the key to the situation, for, as I have already said, every functional illness can be cured, and will be cured, just as soon as the intellect understands the cause, and the body conforms to the principles of right living. So the next step after grasping the cause, is to begin to conform to the principles of mental and physical right living.

## Nerve Action and Re-action

Everything we do requires the expenditure of nerve energy, and it is only by these natural methods that the nerves can be built up.

The nerves are not only attached to the brain, but are in intimate contact with every inch of the body. They constitute a network of wires between the great vital organs, besides having connections in the brain. Over these wires are sent messages to each organ concerning the condition of all the others.

The nerve force itself is the electric current that makes it possible for all the different parts of our bodies to work together harmoniously. If unhealthy mental con-

ditions arise, they affect all the different parts of the system, and that disturbance again is reflected back upon the brain over the network of nerves, and thus a vicious circle is set up. It is only when the body and the brain work together that harmony can be restored. To ensure this harmony, the nerves must be *re-charged* with their electric energy every minute of the day, and at night while we are sleeping.

The abuse the brain and nerves stand, in the form of pains and aches, before breaking down, is amazing. In fact, it is one of the marvels of this marvellous life of ours!

They aid and assist each other in every way. Every vital organ and nerve, and all the glands, have a system of coming to the rescue of one another: every time one is in trouble, all the others put forth systematic efforts to help it. But they cannot and will not stand an unlimited strain—hence the nervous breakdown.

### Nature's Warnings

Here are some of the warnings that Mother Nature gives us that we are overstepping her bounds. If we are "keyed up," irritable over trifles, restless and uneasy, ill-tempered with those we love; if we jump, shriek or scream when anything goes wrong; if we take offence at things we used not to notice; if we cannot sit relaxed for a moment; then it is time to heed the warning voice. It is not that our nerves are "out of order;" they are merely keyed up to too high a pitch. The remedy is to slow down a bit; to draw in the life forces of Nature; to be sure of perfect elimination, and to tone up your nerve force by eating plenty of Nature's fresh fruit and green vegetables.

### No One is Immune

Regardless of your temperament, and no matter how immune you believe yourself to be, certain environments, events or experiences, when of too great and insistent a



pressure, and if continued over too long a time, will cause some symptoms of nervousness. To aid in overcoming nervous troubles, and also to prevent and decrease their incidence, try to work for the time being, to rest, to sleep, to eat and to study, in as quiet an atmosphere as possible. Nervousness is a symptom, not a disease. Prevention of nervousness consists in avoiding as far as possible the conditions that incite your senses to over-action, especially loud sounds and glaring lights, as these cause unsuspected vibrations to race over the nerve network, bringing about unnecessary wear and tear to an incalculable degree.

Avoid all those things that upset and over-stimulate the nerves; get a positive and optimistic outlook on life.

### World Turmoil Affects Nerves.

To-day the world is in such a state of unrest and turmoil that there is a greater expenditure of nerve force than ever before. In business life, in all branches of work, the competition is so keen that, unless we learn to relax in between periods of work, and give our nerves time to slow down, we are in danger of keying them up to breaking point without realising it.

The artificial way of living at the present time, with its late hours, its continual hurry, and its many distractions, uses up a tremendous amount of nerve energy. Most nervous troubles were unknown before we came into what we call The Machine Age. It is the price humanity is paying to-day for an artificial civilisation.

We cannot altogether avoid excitement, and sometimes it is stimulating. But even the best thing on earth, if carried to extremes, is harmful. You can enjoy a clean thrill once in a while, but don't dwell too long upon such; guard against excess. Learn to balance the physical, the mental and the spiritual. It is only when the body gets out of rhythm and balance that we have trouble with our nerves. People who have attained a great age and lived

longer than the average person, have usually been people of balanced lives, regular habits, moderation, industry and optimism. They know both how to work and to play, how to alternate rest and activity, how to enjoy excitement and yet keep calm. The length of their years depends largely on the way they balance the income and the output.

Seneca once said: "Man does not die; he kills himself." Relaxation, which is the key to nerve-repairing problems, is neither work nor play; it is cessation of motion. With most people work is physical motion and mental concentration which they do not like. Play is physical motion and mental concentration which they do like.

If we expect to live a long time, to enjoy health and happiness, and be a hundred per cent. fit, we should mix our work with play. We should spend our leisure, when we have it, in the places and among the people with whom we can relax and be happy.

## Work Should be Congenial

Our work itself should be congenial. If we love what we are working at, our nerves will not need recuperation. But if we do not enjoy it, and have to drive ourselves to it, the result is nerve-racking. So if you are compelled to work at things you find uncongenial, be sure, when you have time off, to do the things you love to do.

## Four Great Foes of the Nerves

There are four occupations in life that work most havoc with the nervous system. These are: gambling, speculation, flirtation, and unhappy marriage.

Gambling calls for poisonous repressions, that re-act injuriously on the health. All the money you win—if you do win—is not worth the cost to your peace of mind and health. I have never yet seen a gambler with steady nerves.



Speculation is like gambling on a larger scale, and keeps you in a continual state of nervous tension. Flirtation may be exciting at first, but it is a dangerous strain on the nervous system, and always ends in sorrow. As for unhappy marriage, it is easy to realise that having to live close to someone you are not happy with is bound to wreck the nerves if not terminated in some way or other.

### Other Insidious Enemies

Keeping too many late hours is a very rapid wrecker of the nerves, because it affects both your mental and physical powers.

Alcoholic drinks, drugs and smoking should all be left severely alone, as they are insidious enemies of the nervous system. Those who claim that smoking calms and steadies their nerves, only show how extremely nervous they are, and their condition is aggravated by every smoke, whether they realise it or not. The same applies to sleeping powders; they aggravate sleeplessness, and make it necessary to take larger and larger doses.

Social life is also often overdone. If you have a home—and when I say “home” I do not mean a house, but a place where two people who care for each other use and enjoy everything together—then make a point of having more home life and less social life. Continually entertaining and being entertained at parties will soon tear the nerves to shreds, because two important parts of the human psychology become vitally affected thereby, viz., the Ego and the Emotions.

It has been said long ago: “Resist not evil, but overcome evil with good.” This is the whole secret of constructive psychology. So if you want to have strong, healthy nerves, steer clear of every form of friction, and cultivate people who live constructively and positively. For this reason, arguments should be avoided; they are useless to either side, and only generate poison in the nerves.

When we learn to stop wasting nerve force in any direction, we will have learnt one of the greatest lessons of life.

Another great cause of wasted nerve force is taking intense notice of little trifles that are really unimportant. Thousands of people have had nervous breakdowns, not over the big tragedies of life, but over little petty things that do not matter. Try and get a sense of proportion. Remember: it is much more important to keep your health, youth and attractiveness, than to hang on to a few trifles that upset and worry you. Things that demand constant watching, mending, patching up and fussing over, cost more than they are worth in using up nerve energy.

Another delusion many people suffer from is that being in a violent hurry and trying to do a dozen things at once will accomplish something. All it accomplishes is to hasten them down the road to nervous trouble. A wonderful rest cure for the nerves is to do only one thing at a time. Finish it before you go on to the next. And if you find yourself speeding up feverishly, just stop an instant, use your self-control, and begin to slow down. When you learn to do this, you will find that you can do far better work, get through more of it, and end the day less tired.

If at the end of the day's work you feel jagged and exhausted, it shows that you have been wearing out nerves and muscles unnecessarily by keeping on a tension too long. You must relax the muscles as often as possible. The average person keeps his muscles too taut and strained. Nerve fibres that are kept tightened up in this way, catch and reflect every vibration all day long, resulting in the expenditure of at least forty per cent. of wasted energy. It has been estimated that by this unnecessary waste we throw away every day enough nerve and muscle power to enable us to walk twenty miles, or to lift a five-pound weight five hundred times.

## Two Serious Blunders

There are two serious—and often fatal—blunders made by people who do not understand the laws of nervous



re-action. One of these is the habit of trying to live other people's lives. How often we see an unselfish, but mistaken, woman trying to live the life of her children or her friends. It is an impossibility; but even if she could do so, it would be very harmful to the other party, as they need the experience they are getting, and must develop in their own way. As we learn to "live and let live," we will be amazed at the relief that spreads over our jagged nerves.

Another mistake, which is nearly universal, and perhaps the most insidious of all general causes of nerve troubles, is the desire to rise above competition, to get ahead, and stay ahead. The ambitious energy implanted in the growing man to aid in his mental and social growth has been indulged to such an extent that all he can see is the goal—to get ahead and stay ahead—of the other fellow. Doctors agree that if there were no element of competition in life, there would be no nervous breakdowns. One often sees a student suffering from a mental breakdown, or a business or professional man going to pieces, not because they are working too hard, but because they are concentrating on getting ahead of their competitors. Neither mental nor muscular work produces nervous breakdowns. It is the element of FEAR, in combination with one or both types of work, that is the real cause of the nervous prostration. Work does not hurt anyone, but worry does. In most nervous disorders, indeed, this haunting FEAR, either of financial or social failure, is at the root of the trouble. All this would be quickly eliminated if we would learn the meaning and value of RELAXATION.

## The Law of Relaxation

The first step in nerve-building is relaxation—letting go. The more we can practise the law of relaxation, the longer we are going to live, and the healthier and happier we will be. You must remember that every time you get yourself into a state of high nervous tension, you burn up your vitality at a rapid rate. No matter what your

work or profession is, you can learn to RELAX, many times during the day, without impairing the quality of your work. As your health and poise improve, you will do better work in less time, and with less effort.

Make it a rule deliberately, as often as possible, to take out all tension; relax, and stay in that relaxed state, for from a second to a minute, as your work permits. Whenever possible, make it a full minute. Take advantage of every opportunity you can get to relax, any time of the day or night. You can even relax before going to bed at night. Some people go to bed and lie all screwed up in a ball; they are tensed-up all night, and their sleep does not benefit them. Before they go to sleep, they should relax every part of the body by loosening all tension. Then they will wake up in the morning refreshed, because Nature has been enabled to do her repair work while they slept, and this would have been impossible in the tightened-up body.

Another source of trouble, which can be avoided by the habit of relaxation is chafing at unavoidable delays. Whenever you have to wait for trams, trains, or people, instead of getting irritable and resentful, just say to yourself: "Here's a good chance to relax." You will feel the benefit of it at once, and the time will pass quicker. Instead of wearing out our precious nerves, let us be grateful for every opportunity to relax.

Perhaps I had better explain here what a complete relaxation really is, and how it is obtained.

A complete relaxation consists of physical relaxation accompanied by the power to make the mind as blank as possible. This is best done during the day-time. A person can become an expert at this kind of relaxation, and can lengthen and strengthen his life and his body by persistently practising it. In the Bible we are told: "Be Still and Know that I am God." To do this we must learn to go "into the Silence" and be still, by relaxing or letting go every nerve, cell and tissue of brain and body,



making the muscles as limp as possible, forgetting time, being oblivious of everything on earth, dropping care, responsibility and anxiety.

It means letting go of everything, and reaching for nothing to take its place.

This perfect relaxation is not often possible amongst crowds or at your daily work, but it should be practised in private as often as possible, for it is the divine road to rejuvenation.

Relaxation of any kind, however, will add years to our lives, will ward off wrinkles, aid digestion, help to keep the disposition sweet, and increase poise, self-confidence and personal power. Surely, this is a goal worth trying for.

Try for just one day, at every opportunity, to give your nerves and muscles a rest, and you will be surprised at the results you will obtain. For a while, follow the law of non-resistance. Stop fighting, resisting and opposing life. Instead of allowing yourself to become embittered by disappointment, when things go wrong, realise and say to yourself that it does not matter; that it will be all the same a hundred years hence.

Remember, no doctor and no drugs can ever cure nervous troubles. You can cure them yourself by ceasing to create, aggravate and add to your nervous condition. Nervous disorder is not a peculiar, mysterious, incurable sickness; it is only a habit your nerves have acquired by too rapid and too intense functioning. And it is your duty—your first duty—to get well, and stay well!

One of the greatest aids in overcoming the trouble is to have a goal—a worth-while aim in life on which to centre all your activities. But don't follow the example of so many college and high school seniors who burn too much of the midnight oil in working for their goal; they usually end in nervous breakdowns, so the scientists tell us, because they are the victims of some kind of fear. So

get rid of your fears, delusions and mistakes, and your nerves will improve out of sight. **THE INDIVIDUAL WHO CAN RULE HIS NERVES, RULES HIS LIFE!**

In conclusion, here is a summary of a few practical rules to save nerve energy: Never run when you can walk; never walk when you can ride; never stand when you can sit; never sit when you can lie down. Keep your batteries re-charged—with **SLEEP, CORRECT FOOD, REST AND RELAXATION, CONGENIAL WORK AND PLAY, AND CONSTRUCTIVE THINKING!**



## CHAPTER IX.

### SCIENTIFIC SLEEP

Sleep is Nature's greatest and most complete restorer of the body. Many scientists have made experiments, conducted research work, and written books on the quality and depth of sleep. Their findings have revolutionised old-time theories as to how much sleep a person needs.

The average person spends one-third of his life in sleep. Some day man will learn the proper way to sleep, so that he will gain more rest and recuperation in a few hours' sleep than he does in eight hours. He will learn to conserve his mental and physical energies during the day, in the midst of his work, so that his body will not wear out and, therefore, will not need so much sleep.

#### Professor's Experiments

Professor Patrick, of the University of Iowa, U.S.A., one of the most noted writers on the science of sleep, explains in his book, "The Psychology of Relaxation," that a short sleep, if deep, recuperates the body and brain as effectively as a much longer period of shallow or light sleeping. The Professor made his experiments on university students. They were kept awake and busy at mental and physical work for several days and nights without sleep. Then they were permitted to sleep as long as they wanted to. Instead of sleeping for the same number of hours or days they had lost, all of them awakened, completely refreshed and unable to sleep any more, in about one-fourth of the lost period. This experiment was repeated many times, with no ill effects. The fact was that the men slept more soundly than usual.

After many other scientific investigations, a conclusion has been reached that the effectiveness of sleep depends on the depth and soundness of it. And this depth and soundness will depend on the weariness of the sleeper and on the conditions surrounding him.

## Steps Towards Scientific Sleep

The first step towards sleep is to slow down the heart. Every precaution should be taken to prevent the heart becoming over-active just before going to bed.

The next step is to clear away all destructive thoughts or feelings before sleeping. When a person goes to bed happy, full of love, hope and optimism, his brain and body draw in health during his sleep. Sleep may even be eliminated for days at a time without injury, under these happy and constructive conditions. Edison, the great electrical genius, would often go for a week at a stretch without sleep when he was working at his inventions, and he seldom averaged over four hours of sleep a night. He was the best-known example of constructive concentration and its value. This proves the great truth, that the unsuspected resources of body, mind and soul flow towards one who is living in harmony with the highest laws of his being.

Constructive, positive thinking does not tire or wear out or injure the body or brain. When our minds are happy and our attention to our work is harmonious, we can work indefinitely without weariness and with amazing rapidity and effectiveness. But when the thoughts become negative or destructive, they set up poisonous irritation in the body and brain, and cause a loss of tissue in both.

Strangely enough, an important discovery about loss of sleep and insomnia is that, unless continued over a long, uninterrupted period, it does not hurt us as much as worry over the loss does!



To sleep well and soundly, then, avoid every kind of excitement just before going to bed. Never go to bed *angry*: anger speeds up the heart action.

Don't start an argument the last thing at night.

Don't sit up at night to catch up with your work.

Postpone important decisions until the morning.

Do not eat heavy, solid or spicy food just before going to bed. If you suffer from insomnia and feel you must have something, take a glass of warm water with some fruit juice in it, or some warm milk just before retiring. This will help draw the blood from the brain to the stomach.

It is not a good plan to have very hot or very cold baths just before retiring, as they stir up all the vital organs and speed up the heart action. Sometimes a tepid bath is helpful. Lie in the slightly warm water for some minutes; relax the body; make it as limp as possible. Slowly dry yourself and get right into bed.

The general principle is to relax and be as calm and restful as you can before sleeping. Often a slow walk in the night air with corrective breathing, just before retiring, will reduce nerve tension better than anything else. But your calmness lies in your own hands. Make it a rule that nobody, and nothing, is going to get you all stirred up before you seek your rest.

Another important step towards scientific sleep is a well-ventilated room. The purer the air, the better for the general health, and the more peaceful your sleep.

The room should also be semi-dark. If you are sleeping in a room that is too light, it is a good idea to put a dark band or handkerchief over the eyes. Napoleon, whose eyes were super-sensitive to light, used to say that the black sock he tied over his eyes when out on his campaigns was what enabled him to win his battles with only five hours' sleep.

Again, if you are disturbed by noises, do your best to eliminate them. Choose your sleeping room in as quiet a place as possible, far from the street in the rear of the building.

Another very important point is to have a room to yourself if at all possible. If not, at any rate have your own bed and sleep alone. The tossing and turning of another person in the same bed or room is more disturbing to the mind of the sleeper than he realises. Even though he is asleep, his subconscious mind is aware of it, and sound sleep is impossible. Most physicians and nerve specialists recommend sleeping alone, as there are not only physiological and biological, but also psychological reasons for this. The very old and the very young should not sleep together; neither should people who dislike each other, under any circumstances, share the same room or the same bed.

Don't take your troubles to bed with you, or try to make any important plan or decision of any kind before retiring. You cannot do justice to them with a tired brain, and the effort brings too much blood to the brain and delays sleep. Solve your problems in the morning, when the brain is fresher. It is not generally realised that the things we think about just before going to sleep, are of the utmost importance in shaping our lives. The subconscious mind, which never sleeps, dwells on the material we give it last thing at night, before we become unconscious, and it acts upon these subjects through the night. If our last thoughts have been negative or destructive, it will work on them to mould destruction; but if our last thoughts have been constructive or creative, it will just as surely work on these, and produce some creative idea for us to use when we wake. A calm, contented mind, imbued with creative thoughts, is the best condition for the restfulness of sleep, and the unfoldment of the soul's latent powers.

### Good Sleeping Habits

Of first important is the bed itself. A well-known efficiency expert once said: "The bed is the most important



piece of furniture in the house. It affects the individual's mental and physical output more than all the rest of the furnishings combined."

Have the kind of bed you prefer. Don't use a high, hard or large pillow; find the pillow that holds your head at a normal angle, one that you can take with you wherever you go. This will prove more valuable to your comfort than half the trash people carry round with them when travelling. Personally, I carry one with me everywhere. It keeps my own vibrations and becomes part of myself. It is a great comfort when travelling, as sometimes you are given hard pillows on the strange beds.

Reading in bed is often condemned. If you find reading in bed your surest and best way towards relaxation before sleep, never read with a light shining in your eyes. Have a softly-shaded light that shines over your shoulder on to the book; then read what calms, contents, and reassures you. Relax the body as completely as your reading allows. After you have switched off the light, relax completely. Find the position that is most relaxing to you. Then go from head to foot, loosening the taut muscles. Do this several times till the body is completely limp. Then make your mind as relaxed and as limp as the body. Don't dwell mentally on anything in particular, but keep loosening up. The mind will soon become discouraged from effort, and give it up. And you will find you can sleep, and sleep soundly.

Another sleeping habit which I have found very beneficial is that of Regularity. To have a fixed time to retire is most desirable, and to arise in the morning, regardless of the time you retired the night before, is even better. If we allow ourselves to make up next morning the sleep we lost the night before, we form the mental attitudes which late sleep always engenders, and we suffer the loss of our self-respect. The person who allows himself to form slovenly habits about rising, who gets up just in time to gulp down some breakfast, who snaps at everybody because his nerves are on edge, and dashes off to work, nearly missing his tram, is beaten before the day begins.

It is not a good plan to lie in bed *more than five minutes* after waking. It is also better to get up to your breakfast unless you are ill. We are told that Nelson, our great admiral, learned one day that a rival admiral always took his breakfast in bed. From that moment, he said, he knew he could defeat him.

As soon as you arise, do the things that most successfully awaken your brain. Take five minutes for corrective breathing and a few exercises. Have a bath, as this is the most effective way to stir up the blood and tone up the nerves. Whatever kind of bath you take, it should be short and snappy. It is much better to have a shower in the morning if you can, either hot or cold, whichever you re-act from most quickly. Have a friction rub after the shower; rub your body all over with a Chinese loofah, or a coarse towel or a body brush; this is the easiest way to start the circulation if sluggish. If you cannot have a shower, have the friction rub anyway; rub the skin until it is pink. If the towel is sufficiently coarse, it will wake up the skin and encourage good circulation.

A wise man once said: "To do a good day's work, you have got to begin the night before." So if you wish to have good, restful sleep, help the worn-out tissues recuperate, and live a long, healthy and useful life, ponder over some of these hints I have given you.

The importance of the quality of sleep cannot be overrated. This because it is our great opportunity to loose ourselves off the earth, and to get in touch with the hidden powers of the Invisible. And because this Invisible Power is another name for Divine Life and Love, it matters vastly that our attitude before and during sleep should be tuned in to this great principle.

I have said, in simple, bald language: "You must love your work." But the mighty truth is that in people who LOVE their work a thousand hidden springs send currents of strength and inspiration through their whole being from this source of Divine Life and Love. This tuning-



in enables them to gather unto themselves from the air and the ether many powers that belong to them by right, and to gain many priceless gifts from life that they otherwise would not have.

It has been found that all who are doing the work they love most, remain physically and mentally fit and well to a far greater age **AND WITH LESS NEED OF SLEEP**, than the rest of mankind. So you can see clearly that it is not so much the actual work that tires us and necessitates sleep, as the mental wear and tear from doing what we do not like, and the **RESISTANCE** we put up against it.

I cannot close this Chapter on Sleep better than by quoting from Professor W. Hanna Thomson, Professor of Nervous Diseases at New York University. In his remarkable book, entitled "The Significance of Sleep," writing on the brain areas, he says:—

*"It is something else besides their work which tires and exhausts muscles and nerves. The fact that the most important nerve-centres work just the same while we sleep as while we are awake, and without an instant's cessation throughout life, proves that sleep or cessation of activity is not essential to the health of every part of the organism. The action of the heart and lungs, for instance, does not stop from the instant of birth to that of death. Yet they require no sleep.*

*It is only the play upon them of consciousness, and especially the highest function of consciousness, the WILL, which fatigues or fills with weariness any part of the living body. Therefore it is not natural work, whether nervous or muscular, but conscious work, and this only in proportion as the Will enters into the action, which fatigues."*

He also says:—"Heart and Lungs with their active muscles and energising nerves, burn up more in their work than any other bodily organs do, but fatigue never interferes with, nor follows upon, their processes. Hence sleep

may be termed Nature's greatest anaesthetic for the PAIN OF HATED WORK, and regarded as a blessing, just as chloroform is a balm for what would otherwise be unendurable.

"While we speak of sleep as a 'sweet restorer,' we must not forget that the living body itself never needs this 'restorer,' till something different from it (in opposition to its desires) begins to goad it to activity."



## CHAPTER X.

### BRAIN POWER

The Brain and the physical body are so closely related that we cannot separate them.

When the Brain is active, we have a stock of mental energy and efficiency. To become thus mentally efficient should be the aim and object of all ambitious men and women, because mental power has more potency than physical conditions.

As a man's mind and soul unfold, so his ambitions and longings increase; he desires comfort, self-expression, friendship, power and love. So he makes, creates, invents and produces, through the proper channels of development and application, the qualities of Inspiration, Incentiveness, Imagination, Ideology, Inventiveness and Impressiveness.

The first essential in developing brain power is a creative desire, or a desire to create, invent or produce. If a person lack the *Incentive* or longing to do a thing, no power on earth can help him to do it well.

*Inspiration* brings out the best in every one; without it we cannot get anywhere. If we are inspired, we have enthusiasm. Emerson said: "Without enthusiasm nothing great was ever done." People are apt to think that Inspiration is born in some and not in others, and that if you are not lucky, you cannot attain it. This is not true. Inspiration is not born in any one, but can be acquired by every one who earnestly desires it, for it is mostly of the mind and spirit.

Inspiration awakens the creative powers in us. It enables a person to do what another person would think

impossible. It gives us strength when we feel weak and powerless to accomplish anything. It helps us to get well when we are sick. It helps to change the fibres and cells which eliminate weariness and disease. It alters the hormones, or secretions, of all the glands, assists in the functioning of the organs, changes our mental attitudes, and generally increases the ability of the person.

But it helps most of all to strengthen and clarify the processes of the Brain. Thus, it has a physical, psychological and spiritual effect on the entire organism. We realise now that when our minds are sick, we cannot expect to have a well body. The body is more vitally influenced by mental conditions than the mind is influenced by bodily conditions. Anything, therefore, that improves our spirits, improves our Brain, and anything that is helpful to the body is also helpful to the Brain.

Your Brain is the motor power, or engine, which will help you accomplish whatever you wish in life. Your Body is the vehicle of that power, and the way you use it, and the care you give it, depends on the energy at your command.

The EGO, or real part of you, is the Director. If this Director receives no Inspiration, he lacks courage, enthusiasm and self-confidence.

Inspiration gives a person the impetus to dig down to the root of things, and so change his affairs for the better. When a person becomes really inspired, nothing can hold him back; he can do whatever he really desires to do. Inspiration is not a tangible thing; but it gives that invisible Fire to the soul that makes all the difference between people.

Our bodies and our Brains are divinely made, and they operate in accordance with universal laws. No doctor and no medicine ever made any one well. The only true way of Healing is by observing and obeying natural laws. It is true that many teachers and healers have Inspiration, through which they help others to build the efficiency of



the Brain, and the health of the body to a greater extent than is generally realised. Yet people neglect so many things that they should and could study for themselves.

The real part of us, the EGO, owns our Brain, and shows us how to think, and how to overcome difficulties. If the body is healthy, it backs up the Brain with its energy, and the Brain is thus able to apply that energy to the achievement it desires. It can plan and produce new ways of doing old things, in a much better fashion if it receives this co-operation from the body.

Inspiration is the spiritual link which connects the human with the divine. It energises us; it makes us physically and mentally alive. Without Inspiration and Enthusiasm our bodies and brains will produce no worthwhile results.

People who excuse themselves for non-performance because they believe that they were not born with Inspiration should take note of this. The higher and outer forces of life are the source of all Inspiration, and they can definitely be trained to receive these forces. When we keep in touch with the higher powers, when we cultivate the people, read the books, and listen to the teachers that inspire us, we are responding all the time to the urge of Inspiration. When we seek everybody and everything that helps us to feel our best, think our best, long for and put into action our best, then we get a new outlook on life, and life in return gives us all the best it has in store for us.

### Incentive is Important

To have an *Incentive* is the next thing to consider in the development of Brain Power.

Webster defines Incentive as: "A spur or stimulus; that which stirs or incites to performance; that which encourages."

Having a definite Incentive increases our motive power,

and urge for performance. It helps us to overcome obstacles which otherwise would loom large in our thoughts. Incentive helps to stimulate action and achievement, and makes our work much more easy and effective. It takes many forms, and falls into many classes. Some of these are concerned with 'oneself, as for instance, the Incentive to hard work in the present with the prospect of enjoying rest later on. Or people may refuse the wrong food in order to retain health and long life. And when we have an Incentive to accomplish some great thing for the sake of the thrill of power we feel, this is a mental spur.

All these are worthy motives, because they indicate self-control and concentration. But worthier still is the Incentive to endure hardship for the sake of some loved one.

And, perhaps, the noblest of all is the Incentive to work, not for ourselves, nor even for one individual, but for the pure joy of the work itself, and for the good it will bring to the world. This is a spiritual urge.

But whatever our Incentives may be, it is a good idea to keep them before our minds, and work steadily towards improving them. In this way we increase the power and the scope of our aims. We should try, honestly and sincerely, to cultivate as many Incentives as possible; the more we have, and the deeper they stick in our minds, the more our Brain will produce for us. Whenever you begin to slow down or to cool off, WATCH YOUR INCENTIVE, and give it attention.

We need not be at the mercy of our moods, for it is within our power to give our Brain orders, and command it to put in use our REAL, CONSTRUCTIVE INCENTIVES. In order to do this honestly, we should analyse ourselves, and get acquainted with our REAL motives, and work in harmony with them. If these motives are not of the highest, let us either improve them, or abandon them. We must be absolutely honest with ourselves, otherwise we will certainly fail, for we cannot fool our higher selves.



Practical ways of improving Brain Power include doing all you can to develop yourself, physically, mentally and spiritually. Give thought to the line of business you are in, and see what you can do to improve it. Study human nature, keep in touch with people and conditions that inspire you, and work along the lines of giving your new Incentive encouragement to express itself.

## Imagination is Supreme

Imagination is supreme among our powers of Brain. It is one of our most brilliant mental faculties. It is the Architect of the Soul, issuing its orders, drawing the blue-prints, and then instructing the body and brain with all their forces to fall into line and build, till the original idea is brought forth according to plan.

Few people get what they want in life because they do not give clear, definite orders for the Imagination to draw on, or else they use the Imagination in a negative or destructive way. When people persist in dwelling on their fears and worries, the Imagination plays upon them and magnifies them, until the condition of the body and brain cells combines to work against them. But by removing our attention from the things we do NOT desire to happen, and centering it and the Imagination on the constructive things we DO desire, then the Imagination is enlivened, awakened and invigorated, and it sets to work to devise ways and means for the fulfilment of these things. To develop the Imagination, and improve the Brain, you should *visualise* your desires, making a clear picture of them with all the detail possible. Then read and reflect on what you desire.

## The Birth of Ideas

Thus IDEAS will come to you, and you will be amazed at the hundreds of ways in which different Ideas can be expressed. Soon you will find that "getting Ideas" is quite a simple process, the inevitable result of concentrating your mind and your attention on what you desire.

IDEAS are like seeds, which grow and grow with nursing, and if we will only work with them, they will produce big results. Many people get great Ideas, but never do anything with them. When we get our Ideas, we must work them out, and apply them in different ways, always keeping our minds open, and testing out new and improved methods. Soon it will be found that new Ideas pour into the mind, and they are quite different from and better than other people's Ideas, for as the Brain works with more and more power, it is bound to bring forth something individual and original.

## An Organised Mechanism

The human Brain is capable of almost infinite development. The cells of the Brain are the most responsive, the most easily and deeply impressed, and the most alive, in the human body. Nothing that has ever been created approaches the Brain in its delicate construction, wonder-balance and perfect operation. It is the most precious thing that God has given us, far more precious than any other organ, for without the Brain every other part of the body is useless. The heart, lungs, liver and stomach, wonderful as they are, cannot take charge, control or substitute for the Brain. With a Brain to rule, we have AN ORGANISED MECHANISM. When an individual's Brain is working properly, every part of his system co-operates with every other part.

The Brain is the most complex, intricate and complete organisation in the world. The entire nervous system is part of the Brain; more than half the nerves of the body are located in the Brain. The others run out from the Brain to every part of the body. Every area has its own nerve-endings.

## Wake Up and Live !

Our Brain can be taught to do a great deal more than it usually accomplishes now. We can start at any time to



teach the Brain to carry out any plan we conceive. People do not realise that the average person, during the first five years of his life, acquires five times as much knowledge as he does during all the rest of his life. Only the ambitious, or brainy people keep on developing their brains and growing mentally. If we have a strong enough desire, we can keep on learning and growing and training our brains indefinitely, or as long as we retain any ambition. It is not the body that carries out these things, but the nervous system that is a part of the Brain. Everything that is done by the nervous system is managed by the Brain. It is a wonderful fact that anyone, at any age, if possessed of a strong will power, desire and enthusiasm, can do, be, and have what they make up their minds for.

Let us WAKE UP, therefore, AND LIVE, and know that we, being God's highest creation, CAN develop and unfold in whatever direction we choose to put our minds to. Until the very end of life the Brain can go on growing and developing.

You have an adult Brain, fully grown and sensible, and you can educate it. I repeat again, there is nothing the Brain cannot accomplish, if you will learn how to train it, and practise what you learn.

We do not know what this Brain Power is, or how it works as it does, but we do know that it produces certain results if we give it a chance and keep at it. We know that it will continue to develop and unfold with greater and greater facility, the older we grow—always providing that we have not stopped using it or let it stand still until it is hopelessly beyond repair.

No one has ever lived who developed his Brain to the full extent of its powers and possibilities. The greatest minds of the ages have agreed on one thing: that they could have accomplished much more than they did, if they had made a continuous effort.

### Improving the Brain Power

As I have said before, if you wish to improve your Brain Power, first get clearly in your mind what you want

it to do. Give it the orders. If you don't reach your goal at once, keep on repeating the command. This is definite brain-training, and it is the trained mind that wins in the world to-day. It is the mind that is wanted, and awarded the highest price. The trained mind makes money, friends and happiness. Your value to yourself and to other people is denoted by the way you train and apply your mind. No one else can decide for you, think, learn, study or develop your Brain for you, but you can do your own training, developing and strengthening, just as you build up your bodily muscles by exercise and practice.

### Age No Bar to Brain Power

Most of the great Brain achievements of the world were produced by men and women after the age of fifty. The age of the mind or Brain is almost exclusively a *state of mind*. You can be mentally old at twenty, or mentally young at seventy. Each one of us has the condition in their own hands. If we want to stay young and alive mentally, we can do so to the end.

Clemenceau, who was one of the most active men in the world, mentally and physically, said at the age of eighty:

*"Yes; I have discovered the Fountain of Youth. The secret is simple. Never let your brain grow inactive, and you will keep young forever. I am younger to-day than I was ten years ago, because I have worked body and brain. I have not been physically or mentally idle. Idleness and old age go hand-in-hand. I firmly believe it is the weak-minded that grow old; that sufficient strength of mind must be preserved to vanquish old age."*

These words of Clemenceau I have been teaching for years, and they have become true in my own case, with a body and brain much more alert and active at between seventy and eighty than it was fifteen years ago.

It is only the mature mind that produces the supreme things of life. It has been the brains of middle and old



age that have given the world its greatest writings, inventions, ideas and movements.

This is because in youth and in the years before forty, the organism is more concerned with its instincts, love-making, home-building, play and adventure. But after these urges have been satisfied, the intellect then has its turn. The Brain should be at its best from forty onward. It can learn as it has never learned before. It can REMEMBER EVERYTHING IT IS INTERESTED IN, and it can be trained to remember anything and everything it desires.

Most "Big Business" men, every great actress, actor and singer, writer and inventor, are continually acquiring more learning. Even the few people in the world who are far above the average in ability keep on improving their technique, and learning newer and better ways of using their talents. They know that the normal brain responds at any age to the right treatment, and that their mind growth and mental brilliance are in their own hands. The Brain that is used remains in good order and does better work. So DON'T LET YOUR BRAIN RUST OUT—IT CAN'T WEAR OUT!

G. Stanley Hall, a man of great learning, said:—

*"Modern man was not meant to do his best work before forty, but is by nature, and is becoming more and more so, a worker who does his best only in the afternoon and evening of life. The coming superman will begin, not end, his real activity with the advent of the fourth decade. Not only with many personal questions, but with most of the harder and more complex problems that affect Humanity, we rarely come to a masterly grip till the shadows begin to slant eastward. Then for a season, which varies with the individual, our powers increase as the shadows lengthen."*

Rodin, one of the world's greatest sculptors, produced some of his best work in his late seventy-eighth year.

La Place, the astronomer, made one of his most brilliant discoveries just before he was seventy-eight.

W. D. Howells, the dean of American Letters, wrote brilliantly till nearly ninety years of age.

John Burroughs, the naturalist; Duse, the superb actress; Edison, the inventive wizard; Rockefeller, the millionaire Oil King, all did their best work in their latter years.

In the field of writers, Amelia E. Barr, Marie Corelli, Ella Wheeler Wilcox and many others, produced their finest books in their older years.

Madame Curie, who discovered Radium, said: "The region of despair known as 'growing old,' is one no woman need enter until she wishes to."

Susan B. Anthony, at eighty-six, was still the active leader of the Women Suffrage Movement. Anna Howard Shaw, at seventy-seven, during the 1914 World War, became the head of the American Women's War Activities, working twenty hours a day. She remained well, and carried her heavy duties to a brilliant conclusion, doing her best work right up to the end.

De Morgan, the well-known novelist, did not write, nor did he expect ever to write, until he had passed the age of sixty. Then he produced literature known to the world.

## Be Self Reliant

Most people rely far too much on doctors and on the advice of others, instead of turning within for inspiration. After the age of forty we should have had enough experience of our own physical and mental re-actions. We surely should "know ourselves" better than any doctor or anyone else could know us. If we will keep our minds open to the latest and greatest discoveries pertaining to our bodies and our minds, and apply these principles ourselves, we will be amazed at the wonderful results we can obtain.



## Prepare for What You Want

The majority, even of intelligent people, expect, invite, look for, attract and prepare for old age. We get just exactly what we prepare to get. If we want Youth to extend into Old' Age, let us prepare for it. Bring yourself determinedly to a recognition of the fact that you need not grow mentally or physically old unless you prefer to. Cultivate the wonderful youth-consciousness of Gladstone, Prime Minister of England at 83 years of age, who went before the House of Lords with a hostile Queen and party, and said:—

*"I represent the youth and hope of England. The solutions of these questions of the future belong aright to us who are of the future, and not to you who are of the past."*

So my experienced advice to you is: regardless of your age, lay plans for your future mental and physical development. Make a programme of study, reading, investigation, training, travel and lectures, on whatever interests you. Learn to play, sing, paint, write, design, or follow any other bent that intrigues you. Cultivate your hobby, no matter how foolish it may seem to others, if you yourself love it. Nothing so awakens the Brain as the chance to get at something it loves and enjoys doing.

## Obstacles to Brain Growth

Let us learn a little about our Brain and how marvellous it is. Make a friend and companion of your Brain, and study its marvellous powers, and you will find it will become more and more beautiful, companionable and enjoyable as the years roll on.

First of all, if you want an efficient Brain, STOP LIVING IN the PAST. The Past is over and done with; the Future is all that counts.

Secondly, DON'T DWELL ON YOUR FAILURES. You cannot build a future by looking backward, especially at non-success.

THIRDLY, DON'T REST ON YOUR OARS. Don't be satisfied with what you have accomplished; do something to-day to make to-morrow worthwhile. If you keep looking forward, it will brace you up to do the impossible. We can all break our own record, no matter how good it is.

Live as deeply, fully and enthusiastically as you can, now, and look with confidence towards the future—that is the only way to create one.

Some of the emotions that deeply and quickly affect the Brain action with deadly results are regrets, remorse, and bitterness and unforgiveness of spirit. These feelings poison thought at its source, and bring about mental, physical and spiritual degeneration. No matter how deeply you consider yourself wronged, or how many years ago it happened, get rid of it; free your Brain from the black cloud. JESUS CHRIST forgave his own people for crucifying Him. What right have we to harbour hatred against anyone?

The friend of a certain great man once said to him: "So-and-So (a rival) hates you with all his might. You had better look out!" "If he hates me," replied the great man, "I am safe. No man whose brain is filled with venom is a competitor to worry about." He knew the truth, that Brain cells cannot work when filled with the poisons of hate and bitterness.

So let us make it a rule to dwell on nothing but the Strong and the Good in life and in people. The sacred precincts of our Brains should be reserved for friendly thoughts, constructive ideas, loving kindness and happiness. If we want to improve and lengthen our lives, we must organise the plans for that purpose. If you are good to your Brain, it will repay you by enabling you to outstrip your enemies, and you will smile at the idea that they could ever have disturbed you.



## Life-Preservers

A great scientist, at the age of seventy-three once said: "I have lately undertaken an arduous line of investigation, that will require many years to complete; but I am confident that I shall finish it. A TASK is a LIFE-PRESERVER."

One of the best-known business-men in America, at the age of seventy-eight, began a complete re-organisation of his wide commercial interests. Since then many other firms have discarded their old systems to follow the one he devised.

In every country, during the war just past, the great leaders were older men; their matured mental powers helped them to achieve what they did.

Another Life-Preserver, that keeps us afloat on the sea of youth and happiness, is Ambition. I have spoken before in this chapter about Incentive—here it is again. We must have a big aim to work for. A high aim and a worthy Ambition will do wonders in maintaining, sustaining and regaining youthfulness, because of its power to mobilise the body and brain, and streamline the whole personality.

Some one amusingly, but truly said: "Many people die at thirty, but are not buried till seventy." Don't be one of those who walk around dead! Let us plan to live to the age of one hundred at least, and to live every minute of the time. To this end we must have and give forth Love and Friendship; this is one of the most valuable Life-Preservers. To get new interests, deepen old friendships, make new ones, heal old enmities, and give out love and affection to all, is not only a Life-Preserver; it is the real Elixir of Youth.

Everywhere I go, people keep asking me when I am going to retire and have an easy life. My answer is: "From my varied experiences in life, I have come to the conclusion that most people, when they retire and have no hobby to fall back on, are soon taken off to the hospital or the cemetery."

"Absence of occupation is not rest," said the poet; "the mind that's vacant is a mind distressed." Keep on going, and you will keep on growing.

Another thing that preserves our youth is to be much with young people, to encourage them, to inspire them with love, to take an interest in their ambitions.

But the greatest tranquilliser of all for the Brain, the quality that preserves its poise and reduces its feverish activity, is the gift of Tolerance. When we learn the law of Tolerance, we will cease criticising and condemning, we will gain understanding, and will forgive people whether we understand them or not. This attitude marks the thinking person and the mature mind.

Another good mental preservative is to keep an OPEN MIND. Do not cling to set ideas, but see that your mind is open and flexible, able to receive new ideas, new friends, new discoveries. Keep up-to-date by reading of current events. Refuse to have anything to do with old age, either in your thoughts or in your words or actions. "Those who refuse to grow old keep their minds out of the reach of the body's decay," was said by Cicero.

A few more quotations from great writers or workers will not be amiss at this juncture.

Osler said:—

*"No teacher, writer or thinker is at his best in his younger years. The teacher's life should have three periods: study till twenty-five, investigation and research until forty; teaching until sixty; then writing until eighty, ninety and the end."*

Hall said:—

*"It is safe to say that if the Brain had been used normally, not permitted to lie in idleness, and especially if it had been fully occupied, there comes to everyone this mental rejuvenation—this 'Indian Summer' of the mind, when it produces its best with the greatest ease."*



So it is the general opinion of all thinkers that the best way to keep young is to keep busy at something worth while. You have no time to think about aches and pains and peculiarities. It is only the worthless, aimless, useless people who have time to get old and die before the allotted span. Make up your mind not to decay mentally. Don't carry a dead brain around with you in the later part of your life. Do whatever you can to prevent life ending in uselessness, senility, and decay.

It takes a good many years for the ordinary person to realise what living really is. Most of us have to reach forty or fifty before we grasp the meaning of life. In the earlier period, we toil, suffer, and enjoy thrills of all sorts. Often we have loved and lost, and we begin to learn that this is all getting ready to live. Instead of preparing to sag and slacken, and settle down into decay at the age of forty or fifty, let us realise that this is the time when the doors of life are opening up to give us fuller expression. From fifty and on, we are in the youth of age, and should make the most of it.

When he was almost eighty, Edison said:—

*"I have never worked so effectively as now. I am engaged on a series of investigations that will require from ten to twenty years of strenuous activity for their completion, besides attending to the new exigencies that arise each day, and will continue to arise throughout those twenty years."*

He lived till close on the hundred.

One of the important Life-Preservers that I have mentioned in a previous chapter, is Sleep. As I have pointed out in the chapter on Sleep, the period of slumber need not be long, but it should be quiet and undisturbed. The mind sleeps little; the sub-conscious mind never; but the Brain should relax and sleep often.

After you have read this book, I want you to reverse the orders that the average unthinking man or woman (perhaps yourself) is giving to your Brain—orders that lead

to decay and senility. Cancel these orders, and in their place send the Brain suggestions of LIFE, HEALTH, STRENGTH, LONG LIFE, YOUTHFULNESS AND HAPPINESS. These mental suggestions, constantly waved before your mind like so many bright flags, will impress the right pictures on the Brain, and will help to feed it, train it in constructive thinking, and develop it. Build your personality with mental pictures: as often as possible picture yourself as the most delightful, interesting, sought-after person imaginable. Begin right now to make this vision come true. Don't brag about it, but let the FINISHED PICTURE speak for itself.



## CHAPTER XI.

### REJUVENATION AND THE POWER OF MIND

This book would not be complete without a reminder of the important part our minds play in the process of REJUVENATION. From our minds, rightly used, we can attract to ourselves long life, health, success, and all the good things—physical, mental, emotional, and spiritual—that we have always yearned for.

For generations it has been impressed on our Sub-conscious Minds that as the years pass we must expect to grow old and look for illness of some kind, ending in general senility. This attitude is being held firmly by those around us, and so, unless we have very strong, clear conceptions of the truth, we naturally take on the pattern, and eventually these disasters come upon us also. As Job said: "The thing that I feared has come upon me."

#### Make a Blue-Print

I want you who read this book to wipe all these false conceptions off the slate and start afresh. For it is my firm belief that now, in the New Age that is coming, WE CAN CREATE whatever we desire to manifest in our lives. The first thing to do is to make a good picture, or BLUE-PRINT of all that we hope to enjoy in the future. And while this is unfolding, let us live every moment and enjoy it, not putting off the good things of the present till we never catch up with them. Don't forget that cheerful saying: "Every day is a fresh beginning; every day is the world made new!"

## Man's Mind a Trinity

Man's mind is a trinity, composed of the Conscious, the Sub-conscious, and the Super-conscious Mind: one mind with three realms.

The Conscious part of the mind is the mind of appetite, reason, will, judgment and passion. Its work is to create the picture which is carried out, fulfilled or completed, by the Sub-conscious and the Super-conscious parts of our Mind.

When we become acquainted with the characteristics, properties, laws and functions of the Sub-conscious Mind, we will learn how to use our Conscious Mind so as to wisely induce the beneficent action of the Sub-conscious on our behalf.

The Sub-conscious Mind produces all wonder works, all magical healings, and is so all-embracing that there is neither being nor action in the Cosmos apart from it. It is the fundamental basis of all.

The Sub-conscious Mind never sleeps. It is very active when the Conscious Mind is in abeyance. During the sleep of the latter, the Sub-conscious is engaged with vagrant concepts and with body repair.

The immediate physical organ of the Sub-conscious Mind is the Solar Plexus. The Pneumo-gastric nervous system and possibly certain areas of the cerebral cortex are also its vehicles, through which it performs all the cycles of its multifarious chemical and functional operations.

In order to use the Sub-conscious Mind creatively and for self-development, it is necessary to gain a clear conception of what you wish it to do for you. Then you must convey these desires by the effort of the Conscious Mind to the Sub-conscious Mind—and then, forget them. Eliminate all sense of hurry or tension, for this will seriously retard demonstration of the thing desired, if not entirely prevent it.



The best rule for impressing the Sub-conscious Mind is to present all your ideas on the plane of the Absolute. When giving it suggestions for health or wealth, tell it you want infinite health or infinite wealth; by so doing you leave the Sub-conscious unhampered by limiting conditions.

Faith is indispensable in giving these suggestions. You must have Faith in the unerring accuracy and efficacy of the Sub-conscious, and it is bound to respond. It has no choice but to carry out your suggestions, unless it is hindered by adverse suggestions of DOUBT from the Conscious Mind.

All the prayers and petitions placed in its care must be POSITIVE statements, not supplications or pleadings, because these limit our power to receive. JESUS said: "Ye ask and receive not, because ye ask amiss." So a POSITIVE asking, accompanied with certainty and faith that it will be answered, always brings results. For "With God all things are possible."

The Sub-conscious Mind never makes mistakes. It accepts suggestions and works deductively, quite unconcerned with the truth or falsity of the material supplied to it, but its conclusions are reached with errorless precision.

When we come to contemplate the work of the Super-conscious Mind, we realise the stupendous power with which we are ever ONE, and as we understand a little more about it, we recognise that it is the God part of our being. We are told that God breathed into Man the breath of life, and Man became a living soul. The super-conscious Mind has the capacity to know and apprehend all Truth. It offers us marvellous possibilities and powers, which are lying dormant within each one of us, only waiting to be recognised and brought into manifestation.

There will come a day when the three-fold Mind of Man will become so strong and positive that it will be able to control and dominate the body to such effect that no foreign destructive elements can destroy it. We will

be able to draw from the Super-conscious life abundant, power without stint, beauty of character, radiant health, abundance of supply, genius in any Art or pursuit, and complete happiness.

In the end, I believe that we shall triumph finally over old age, sickness, and death itself. Did not JESUS CHRIST say that we should do "greater things" than He Himself had done on earth? For this reason I find it a true saying that WE ARE MASTERS OF OUR OWN DESTINY.

### Expression Governed by Thought

Try to get the great realisation that Nature—or God—is all the time trying to repair and build up and make over new, but that our wrong thinking, speaking or acting continually hinders the work of reconstruction. The Expression of our powers and abilities is governed by our thoughts. We need all our capacity in order to accomplish what is necessary now, so we cannot afford to dissipate them in any way, either by dwelling on the wrongs of the past, or by worrying about the future. So we should resolve to think only good, pure, loving, healthful thoughts, and soon we will behold the manifestation of these in our lives.

### Effect on Others

It is the Spirit that is ever re-making and changing our bodies to its own likeness. If we allow our minds to live on a lower plane, and continually dwell on the thought of sickness or any kind of unhealthy thought, it will not only fashion the body after the likeness of such thought, but it will also drag down the general current of thinking and lower other people's vibrations. Keep your mind still and calm, even when things seem to be at their blackest. Then the power of your mind, and the success you can command, helps to lift up the general vibration, and draws other determined and confident minds to you, because you are spiritually connected with them.



## The Laws of Thought

Increased knowledge of the Laws of Thought, and the way to use them, which I will discuss later on in this chapter, will in the future enable our spirits to use our bodies to the full extent. But you must *organise* your mind or your thought-power, for if you do not, it will still go on working, but in a disorganised manner. And you must make a wise *selection* of what you think about. Thought is good exercise for the mind and spirit, just as bread is good for your body. But old thoughts do not nourish the spirit, any more than stale food nourishes the body. And if the spirit or mind is starved, the body will suffer. New thoughts are new life. One great secret of eternal life and happiness is to be ever pushing forward towards fresh success. Push on towards the new, and forget the past, for senility comes from looking back and living in bygone days. I have tried to impress this on my readers by several repetitions. Look around you, and you will see thousands of people living in the same old ruts of thought, year after year, and missing all their opportunities.

## Results of Following the Law

The right attitude to these Laws of Thought will draw all good to us. Our bodies will by degrees fashion themselves more symmetrically, and the Supreme Power, from which we draw all our sustenance, will enter into our daily business. Our plans, aims and purposes will take shape and vitality, and our creative power will increase in a marvellous manner. This is real Inspiration—effort without strain. Work becomes play instead of drudgery. All people possess this power in embryo. When educated in the methods of using it, the men and women of the future will not be ruled by their appetites, nor by what other people think they ought to do. As the mind becomes more highly developed, it will even render the body superior to the laws of gravitation.

It is through ignorance that we have not known how to conserve this power. In time, as we learn to understand the power of mind, we will be able to turn our thoughts away from the contemplation of discord, disease, and discomfort, or any form of physical ailment upon which most people have their minds firmly fixed. This current of thought affects us in spite of ourselves, and we often give way to it, until we find that unpleasant symptoms are beginning to manifest in our own lives. Then we stop working in the wrong direction, and rise above the plane of decay. Life takes on an ever-growing charm and interest when we can feel that from day to day we are gaining more and more the mastery of ourselves and of our conditions.

### Waste of Power

One great source of our present waste of power lies in the mood of impatience or mental intemperance which besets us over the hundred-and-one trivial things we are obliged to do daily. When we give way to this we are wasting Divine Power, and it is very difficult to get it back. This incessant depletion brings weakness, disease, and old age in its train. When we learn to economise our forces, we will have eternal life in the body, for the power will be continually changing, renewing and refining our body-cells. This waste of power in the body affects injuriously its internal mechanism, for the lungs, heart, stomach, circulation of the blood, and all other functions, operate in accordance with our prevailing moods of mind. If we live constantly in a hurry, those bodily functions will also be performed in a hurry, and very imperfectly. If we don't take time to do things properly, neither will the stomach do its work properly, and all the other organs will act in accordance with it. One part of the body cannot be out of order without affecting all the other parts.

For another example, note the breathing of the impatient person. It is short, gasping and flurried. The habitually impatient person cannot take a deep, healthful breath. As



soon as he begins to economise his store of divine power, his breathing will naturally become deeper and more reposeful. There is a Spiritual Breath as well as the physical breathing. When we use our thought along the higher lines, we send through the body currents of life. This life is taken in with every breath we breathe, whether we know it or not, and will of itself promote deep, full, restful respiration.

Another source of Waste of Divine Power is the panic we experience when we survey the things to be done, presenting themselves one after another in an endless procession. A sort of paralysis grips our minds, unless we turn them firmly to the Higher Power and ask for wisdom and order, so that we may know the most necessary and the most profitable thing to tackle first.

Another thing we need to recognise is over-work, which is not a merit in anyone, but a waste. We should' learn to know when we have reached the limits of our strength. Many people unconsciously work on and on, far beyond their supply of energy. They have for the time being exhausted their stock of strength, their cistern is empty, and they must go back to the Divine Reservoir of all power to replace what they have lost. Strong, vibrant life-currents will then flow into them, permeating every fibre of their being.

## Developing the Mind

The only way to develop the mind is TO USE IT, by making yourself learn something new every day. When we do this, we open up convolutions in the Brain, and this helps to keep the Brain active, and the more active we keep the Brain, the more alert we become.

It is the attitude of the developed mind that attracts to us friendship, love and success, and gives other people interest and confidence in us. And the great minds of great people must always act as beacons in our own lives,

for the analysis of their characters reveals to us the hidden secrets of the philosophy of life.

It is an important fact to remember that we react to others, and they to us, without either being conscious of this reaction. We are like a storage battery, constantly receiving and discharging currents of attraction and repulsion.

We have a form of mental current, which is like thought, but it manifests without conscious thought; it is added to thought. These mental currents are very like electricity, which may be an unknown force, but still can be used in many different forms of manifestation. So we can learn to use this force, and attract to us the things we need.

### What Desire Is

A desire in any form is a mental current laden with power. When you desire to do anything, no matter what it is, you will conspire within yourself regarding this thing; you will make this desire intense, and hold this force within you. **CREATE CONSCIOUS ENERGY WITHIN. AIM TO ATTAIN SOME GREAT GOOD OR ADVANTAGEOUS POSITION OR PURPOSE FOR YOURSELF OR OTHERS. HOLD IT, AND MAKE IT YOUR OWN DRIVING POWER.**

There are two different and distinct kinds of Desires and emotions—the negative, destructive or degenerative, and the positive, constructive or regenerative. The negative, or destructive desires or emotions manifest in a variety of mental currents, such as impatience, anger, hate, dissipation, indulgence, jealousy, cheating, egotism, fear, selfishness, sex abuse; so when we feel these destructive desires, check them and transmute them into constructive desires. By so doing, you change the destructive element in your system to a constructive element; and you change the emotion or desire that destroys you, to the one that builds you.



When we realise that from every desire and emotion we can extract this transmuting power, this magnetic energy, we have discovered a GOLD MINE within ourselves.

## How to Discover Your Vocation

In discovering your Vocational gifts, you must realise first that you have marvellous hidden powers lying dormant within you. When you take time to BE STILL AND CONCENTRATE, you will be led and shown what the things are that you can do better than anything else.

1. Realise that you are an expression or child of Infinite Life, and that this relation is eternal.
2. Realise that there is an inexhaustible supply of life, energy, power and inspiration, and that you have the faith, courage and vision to use it.
3. Spend a certain time each day in meditation. (This I cannot emphasise too strongly, as it means so much in gaining your heart's desire). Meditation is an exercise that has many of the qualities of concentration. It may be regarded as an intermediate exercise between concentration and the Silence.
4. Devote a certain period faithfully each day to the practice of the Silence, which consists in an attuned receptivity to the Infinite.
5. Learn to see the good in all people, and to perceive opportunities for good in all conditions and situations.
6. Live in a sense of real thankfulness. Rejoice in the super-abundance of opportunities to demonstrate your Divine Poise and Mastery.
7. Cultivate the powers of inspiration and intuition. Put the qualities of inspiration into your daily thought, conversation and actions. Seek to be of inspired service to your fellow-men.

8. Radiate love, life, and joy into your daily expression. Realise that you are an expression of Infinite love, life and joy—that it is your mission in life to radiate the beauty of your Divine relationship into everything you do.
9. Realise that you are eternally renewing mind and body, and that you will live in perpetual unfoldment of wisdom, wealth, health, youth and beauty.
10. Keep your mind open to new improvements. Continually aspire for the higher, the finer, the better and the more beautiful.
11. Seek to make your ideals blue-prints for definite accomplishment. Find the constructive and optimistic angle to everything. Learn to think for yourself. Cultivate a true self-reliance.
12. Read for a short time every day a selection from the finest literature. Meditate upon it when you have concluded, and note what your own observations and reactions to it are. Whatever literature you read, always react constructively and optimistically.

## In General

Seek the society of your superiors that you may learn from them, and at other times seek the society of those who can be helped and instructed by you. We learn both by appropriation and by giving. We grow also by alternating from positive to receptive.

By taking up new studies, and inviting new mental experiences, we expand our consciousness.

THE MORE CONSTRUCTIVELY WE THINK AND ACT, THE HIGHER WE WILL RISE TO GREATER MENTAL LEVELS OF CONSCIOUSNESS AND DEVELOPMENT.

Learn to speak and act, as well as think, always from a constructive point of view, and to remember the facts



and' principles of life which will be constructive. Learn also to let go, and keep the mind clear, free and open for the highest development and work.

Cultivate a systematic habit of excelling your own previous standard. Seek to do everything in your power that will produce more perfect co-ordination, so that your whole being is working harmoniously towards perfect health, wisdom and success.

Determine to build a more perfect body, and take the actual steps to build it, by wise auto-suggestions of health and beauty, by suitable food of a natural, wholesome, constructive order, by happy exercise, by deep, rhythmical breathing, and by true bathing in air, water and sunshine.

Choose foods of vital, life-giving qualities in preference to quantity. Build a lighter, but truly stronger body by generous rhythmical breathing of abundance of pure air; the lungs, the chest and the entire thoracic region will thus gain ascendancy over the purely abdominal regions. The human race of the future is in its evolutionary development, and will have greater lung capacity, while the intestinal development will be greatly minimised.

Keep the spinal column flexible and the spinal windows open. Make your physical exercises an embodiment of the principles of upward striving.

Practise a series of stretching exercises daily. Stretch in every conceivable way, and at the same time, fill the Sub-conscious Mind with auto-suggestions of elasticity, flexibility, resiliency, youthfulness, freshness, charm and vitality.

See yourself in mind' developing a body, a mind and a personality of HIGHER EVOLUTION, MORE RADIANT, YOUNGER AND MORE GOD-LIKE.

### Creative Law in Concentration

The first step in concentration is complete relaxation, mental and physical, so as to free oneself from other

thought associations and be able to give one's entire mind to the desired subject. **ATTENTION**—giving your mind to a thing—is always necessary to achieve results. **CONCENTRATION** is not something that can be injected into you, painted upon you, or worn around your neck. It will never come until you decide to give your mind to the subject you are to concentrate on. Interest in a subject need not be great, but it must exist in some measure before Concentration is possible.

The mind can learn to do anything you want it to do, and it will do it obediently, willingly and effectively, if only you use a little judgment in training it.

Set aside a certain time for concentration. Nothing so trains and disciplines the brain or the individual as being compelled to do a certain thing well within a certain limit of time. Then, and never until then, do the deeper forces, the reserves of Power, the Divine Something, come up to the surface from out of the secret hiding-place within us.

Our brains are wonderful power-houses, capable of generating an almost unlimited amount of energy. Give your brain a certain length of time in which to concentrate on a problem. The quality improves with the rapidity of the brain action.

## Causes of Mind Wandering

Mind wandering has many causes, but they are all classifiable under three heads: **MENTAL CAUSES**, **VOCATIONAL CAUSES**, AND **BODILY CAUSES**.

**MENTAL CAUSES** comprise: too many interests, the drifting habit, the indolent mind, or the "grasshopper mind"—the mind that works so rapidly that it jumps from one point to another.

**VOCATIONAL CAUSES.** Under this head comes doing work you so dislike that almost any subject interests you more than your task. The desire to get your mind off your hated duties, and the seeking of this mental relief consciously can continue until it becomes an unconscious habit.



**BODILY CAUSES.** Nervousness, restlessness, illness, or an excitable nature lead to Mind Wandering. The Brain itself is not tired, for if used even normally it remains as fresh as ever. In fact, it becomes more and more responsive to its owner's commands and desires.

All these habits or causes are snags in the path of Concentration, but they can be overcome. All great discoverers, investigators and inventors have cultivated this power of withdrawal from the world of affairs until it becomes possible for them to be unaware for hours at a time of anything except the idea upon which they are concentrating.

This brain of yours is an intensive, intelligent, living organism, infinitely more versatile than you realise. Tell it what you want; make clear to it exactly what you wish to achieve at each sitting. **IT WILL DO THE REST. DO NOT SMOTHER, CHOKER, CRUSH OR HANDICAP IT.**

## Mastery of Achievement

**MASTERS OF ACHIEVEMENT** have ever been but ordinary men who have cultivated the extraordinary ability to **THINK THROUGH** the difficulties that surround them.

Out of the blind thicket of human destiny that surrounds, impedes and entangles the great majority of us, the one clear, open, swift way to freedom is the path of Concentration. All great men are Master of Concentration, Meditation, and Visualisation. Any one can be mentally great if they will learn this lesson. The brain is the measure of human power. Men have always recognised as a priceless thing that power which enables a man to take an idea into his mind, look it over, learn what it can teach him, decide where to apply it, and **KNOW** that he has **MASTERED** it as certainly as another knows he has solved a problem in mathematics. They realise that all great minds have this power, and

that all great men use it constantly, while the weak ones never do.

**TAKE CARE OF YOUR BRAIN.** Feed it, train it, develop it. Picture yourself as you want to be, and build on the picture. Do your own developing, and let the finished picture speak for itself.

Live up to your own individuality if you wish to be great. If you need certain environments in which to grow, find them, go to them, and produce your results within them. Take your choice of the world's criticism, now—or later. You can't escape it whatever you do (IF you do anything at all), so why not go your own way and reach the place where the world has got to look up to you to see you, instead of their way, which makes them secretly look down on you?

## Food for the Brain

To make a success of your life you must FEED the brain. It will produce in accordance with what it feeds upon. We get out of our minds only the kind of things we put into them.

The food we put into our brains, like that we give our bodies, may either poison or empower us; may develop or destroy us; may cultivate our intellect or simply gratify our instincts; may make us sick or well; may strengthen and stimulate us, or enervate and sicken us.

Reading is Brain Food. When you read, unless some of your reading makes you think or study, you are stuffing your brain to no account. On the other hand, if all your reading is hard study, you are giving your brain too meaty and concentrated a diet.

The reading of a dozen books, properly selected and digested, would give a person sufficient knowledge of History, Astronomy, Geology, Evolution, Philosophy and human thought.



THINK OF WHAT YOU READ. Despise yourself if you let your brain lie idle. KNOWLEDGE THAT FEEDS THOUGHT can be found in the books of the whole world. THOUGHT THAT CONQUERS DIFFICULTY is in your FRONT BRAIN—if you will use it!

ABSORB—THEN EXPRESS. Some people have a faculty of absorbing knowledge; they are like walking encyclopaedias; but they seldom give out anything. These people are comparative failures in life, because they fail to USE, APPLY or EXPRESS this KNOWLEDGE. Success depends not alone on what we gather into our minds, but also on what we GIVE OUT.

The mind needs FOOD just the same as the body does, and the more and better food you give it, the more and better service it will perform for you. You will never have any good from what you study until you put it into use. In study, select for retention only those ideas that count. GET THE GIST, and let the rest go. For profit, study what will improve either you yourself or your work. If you have a hobby or an avocation, read the best you can get on that subject.

*KNOWLEDGE IS POWER.*

## Methods of Concentration

Here are FIVE METHODS OF CONCENTRATION:—

- (1) *NEGATIVE ATTENTION*: Listening to a lecture, reading a book, and so on, while your mind runs on something else. The mind must be brought back and made to focus on what you are doing.
- (2) *INTERRUPTED ATTENTION*: Letting something from outside come into your mind, e.g., you are studying, and you hear a band; you stop and

listen, then go back to study; another sound; another stop and listen, and so on.

- (3) *PASSIVE ATTENTION*: An impression is made on the mind; you read and re-read a book, yet a few minutes afterwards could not relate one word of what you read.
- (4) *PURPOSEFUL ATTENTION*: Having a purpose and making up the mind that no matter what happens, you will not let anything distract your attention from the object you have in view.
- (5) *POSITIVE ATTENTION*: The ability to impress upon your mind in an indelible way the things you wish to retain. Putting the ideas into the mind in such a way that they can be stored sub-consciously, and can always be brought out when required.

Of these five methods, obviously the two last are the only useful ones.

## Perfecting the Personality

When you have absorbed and put into practice these foregoing Laws of Thought, have supplied your brain with the proper foods, and have learnt to *MEDITATE AND CONCENTRATE*, you will find your goal or object in life ever broadening. Not only so, but you will unconsciously have built for yourself, in the process of learning, a wonderfully-rounded Personality.

Personality is spoken of lightly by some people, as if it came by a happy chance to its possessor. But, as I remarked a few pages back about Concentration, it is not something that can be injected into you, painted upon you, or worn around your neck. It is certainly a priceless ornament, but it is the automatic by-product of steady operation along the lines of right thought. It is that which makes us different, and yet attractive. It is more powerful than beauty, and more effective than intelligence.



Personality is not what we have, but what we are. Its essentials are: (1) **MAGNETISM**, which comes from treating people as potential friends, not as possible enemies; (2) **CLEAR JUDGMENT** without condemnation; (3) **PERSONAL APPEARANCE**, including **DRESS**, which should make a harmonious, not a discordant addition to the picture of life; (4) **MANNERS**—the habit of doing to others as you would have them do to you; (5) **VOICE**—the indication of origin and breeding, which should be controlled and modulated; (6) **SMILING**—the genuine **SMILE** which originates in the eyes and spreads across the face; (7) **CARRIAGE**—upright, denoting confidence and self-respect; (8) **BREATHING**—filling the lungs with clean air, the source of animation and invigoration, literally “inspiring” and “inspiriting”; (9) **IDEALS**—living to some definite purpose; for not until we lose do we find ourselves; (10) **SCORN OF FURTIVENESS**—never doing in secret what we would be ashamed to acknowledge openly; (11) **THE GIFT OF LISTENING**—being willing to hear what others say with sympathetic understanding; (12) **AVOIDANCE OF ARGUMENT**—the habit of refusing to argue; (13) **RESERVING ADVICE**—never volunteer advice nor expressing an opinion unless asked.

## The Power to Heal

Now, with your mind attuned to all the higher powers of life, you can, if you wish, give thoughtful consideration to **THE POWER TO HEAL**. **THE GREATEST SERVICE GIVEN TO HUMANITY IS CURING THE AFFLICTIONS OF THE MIND AND THE BODY**.

It has been approved over and over again that disease which has resisted all artificial means—including medical treatment—responds instantly to the universal principle of Life Energy which permeates the whole Universe. By understanding and applying scientifically the Great Universal Healing Power, all afflictions, including so-called

incurable diseases, can be effectively and permanently cured.

There is hope for everyone if they could only realise that the Divine Spark within can be made to contact this Divine Power and Principle all around them, and that by the scientific application of the Natural Laws a transformation will take place.

## How to Use the Healing Power

In order to heal one must practise the Silence. He must place himself in a receiving condition, and open himself to the inflow of the Divine Power. This power will be abundantly absorbed when the healer fulfils certain conditions. When after practice he attains a fuller amount of proficiency and development, the power will vibrate through him instantaneously and automatically.

EVERY HUMAN BEING CAN BE A TRANSFORMER FOR THIS MIGHTY FORCE. As wireless waves are projected, so we can project this Power on to others so that they can receive and be healed.

TO ABSORB POWER, BREATHE IN LIFE. God breathed into Man the breath of life, and Man became a living soul. This universal Magnetic Flow is in truth the Life of the Creator, in which we live and move and have our being. It is the Eternal Life that gives you the key to the life after (apparent) death (when you leave the physical body). Allow this Truth to unfold in your mind, and you will get a clearer view of your eternal life.

It is largely through the Breath that this great Magnetic Substance is derived, which the healer draws into himself by means of his lungs. After it has been transformed in his system, he gives it forth again in the form of Magnetic Energy or Healing Power. It is this Universal Intelligence, Energy and Life which you absorb into yourself. This force is inexhaustible; it is in the food we eat, in the water we drink, in the air we breathe. BY THIS SYSTEMATIC DEEP BREATHING WE



## ABSORB MORE THAN BY ANY OTHER MEANS.

Look back now to the chapter on The Power of Breath, and you will find that you understand better its deeper significance.

### How to Acquire and Develop

The way to acquire and develop this healing power is as follows:—Lie on a couch or in a comfortable position stretched out on your back; relax yourself completely, giving yourself up to meditation on the Mighty Power of the Universe, for about five or ten minutes. When you feel yourself in tune with this Power, then commence to take long, deep, sweeping breaths, making complete rhythmic breathing from the abdomen, sweeping the breath upwards into the intercostal and clavicular areas, holding the idea that you are absorbing the Power as you breathe.

Gradually increase the length of the duration of the breath. You should practise about twice daily, for ten minutes or more if possible. Keep your mouth closed and breathe through the nose. Do not strain in doing this. The main thing is to establish rhythmic breathing. You then become in tune with the Rhythm of the Universe. When you have established this automatically, you will feel the Pulse of the Universe within you; you are in tune with the Power, and you become a medium through which the Power will flow.

There are four avenues through which the Power can pass from the healer to the patient:—The eyes, the hands, the breath, and the mind. Practise projecting the Power through these four channels, always remembering that the Power is under the direction of the "I" (the Spirit) within, through its instrument, the MIND.

Raise the vibration of your mind, and contact your spiritual mind and will with the Mind and Will of the Creator. When you feel that a Unison has taken place, THEN ALL THINGS ARE POSSIBLE, because your

mind and will and the Mind and Will of the Creator are ONE, and in harmony for His service.

In giving SPECIFIC TREATMENT to affected area, you pass the force through the affected area, by placing the right hand over the Solar Plexus and the left hand over the affected part. Then imagine the Power flowing through your right hand through the Solar Plexus, and making contact with the part under the left hand. Breathe easily and deeply. You will join forces with the will of the patient, and direct the patient's mind to the healing operation, by explaining that the blood is rushing to the affected part, that the arteries and veins are dilated, and the blood combined with the Healing Power will eliminate the trouble and relieve the congestion.

Get the patient to breathe RHYTHMICALLY. Tell him that by so doing, he will make greater contact with the Power, and that he will probably feel it flowing through him. By this method you connect the mind of the patient with the Life Principle of the Universe, and intelligent healing action takes place.

ALWAYS SPEAK CONFIDENTLY—BE POSITIVE. Remember that healing alone is not sufficient. You must advise the patient what to do and how to keep well, because all the curing in the world will not prevent him suffering if he is continually breaking the laws.

Healing can also be done by an outpouring of the Power, a mental projection of the Power into the patient. By joining your will with the Will of the Creator, and projecting the Power over and through the patient by means of your attuned mind, you will find that the more patients you treat, the more power you will receive. So you should always KEEP YOURSELF IN TUNE WITH THE UNIVERSAL POWER.

### Spiritual Healing

In purely Spiritual Healing, do not think of disease as an entity, but as an impersonal thought-force. To heal,



you must separate the False from the True. The work is definite and dynamic, and is consciously done with a clear purpose always in mind. If your thought is clear, and you are able to completely realise the presence of Spirit in your patient, all the power on earth cannot hinder you from healing. Always come to a complete conclusion while giving a treatment; always feel that it is DONE, COMPLETE AND PERFECT.

Healing is not creating a perfect Body or a perfect Idea. It is revealing an Idea which is already perfect. The healer is dealing with Universal Law, backed by Omnipotent Power, which is Divine Principle. Every time we think, we are thinking into a receptive, plastic substance which received the impress of our thought. A treatment by a Spiritual Healer recognises that all is Mind, and that everything is Mental; it resolves all diseases into thought; neutralises the false thought and recognises the true.

Nothing can stop it from operating except a lack of faith in the reality of Truth and man's ability to use it.

# THE CHRIST CHILD

By Elsie M. Port

There came to me one evening,  
As I sat alone at my door,  
Thoughts that were sweet and noble,  
Something not thought of before.

For a time I listened intently,  
And there seemed to ring in my ear,  
From Infinite realms of space beyond:  
"THE CHRIST CHILD SHALL APPEAR.

"EYES THAT ARE BLIND SHALL BEHOLD HIM,  
AS HE FLOATS THROUGH THE BALMY AIR,  
AND LIVES THAT ARE SICK AND SORROWING  
SHALL RISE FROM THE DEPTHS OF DESPAIR."

As my thoughts went floating upward,  
Not heeding Time or Space,  
There sprang from my inmost being  
That radiant Child of grace.

With a smile that was sweet and tender,  
And a voice that was vibrant and deep,  
He touched the depths of my nature  
That seemed to have fallen asleep.

The Christ Child comes as a message,  
A message bright and clear,  
As everyone in a different form  
Draws it from the atmosphere.

So enter your innermost being;  
Get in touch with the Christ within,  
To bring forth wonders undreamt-of,  
And strengthen and uplift all men.

















